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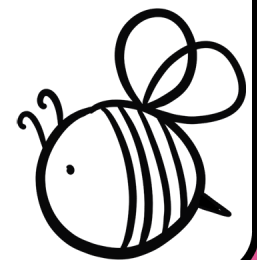
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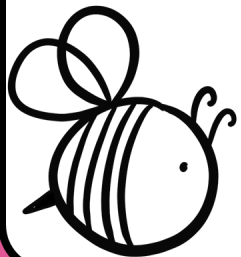
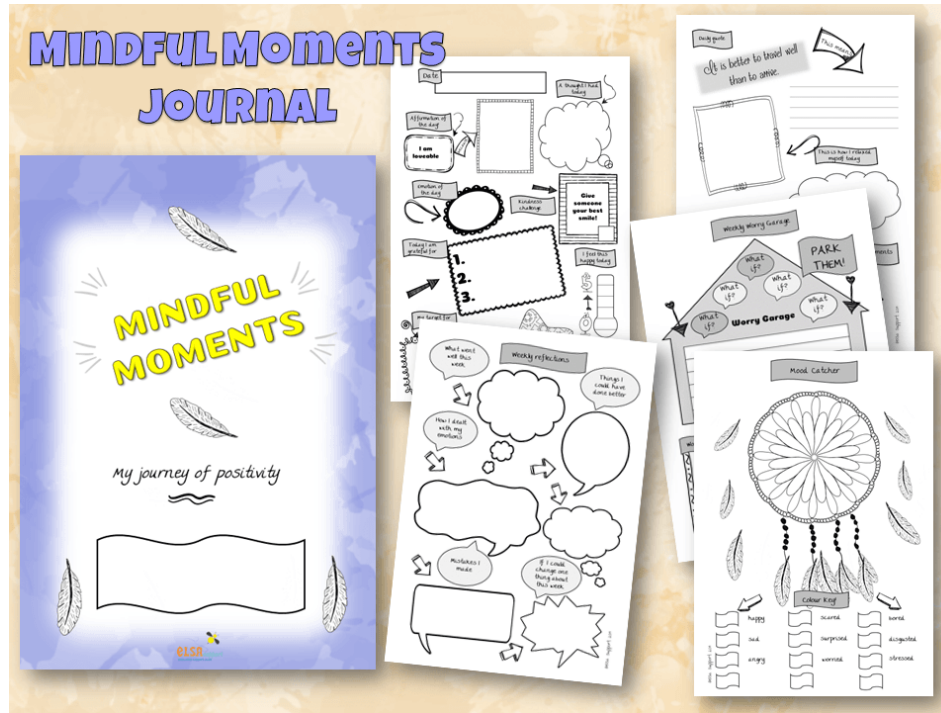




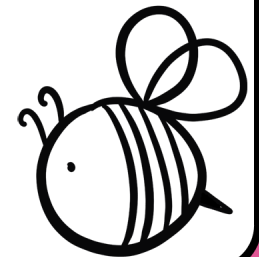
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SELF-CARE



This is primarily for adults but am sure some teens and unicorn loving children would love it too! Great to pop a load into your staffroom for all the staff to help themselves.

There is a full pink version, a version with pink writing and a plain version in just black and white. I made this resource because of the unicorns, I love them! I have no gender in mind for them. Whoever likes unicorns! That said I have done the black and white version too for those who don't want unicorns.

Looking after you should be an absolute priority. Print out lots of these and fill them in each day. You could make your own Self-Care journal. Be good to look back on to remind yourself how amazing you are!

♡Debbie♡



A guide to the boxes



What do you love about yourself? What do you love doing? What or who do you love? Make a list!



How can you treat yourself today? A new lipstick, a warm bubbly bath, exercise, movie, popcorn, hot chocolate, good food? Doesn't have to cost anything at all.



What are your priorities today? If you make a list and get them ticked off then that feels amazing! Good planning will help your stress levels.



What are you thankful for. What are the positives today? What makes you feel grateful? It can be absolutely anything at all from your cornflakes this morning to someone who you are friends with. It could even be unicorns!



What do you wish for? What do you dream for? What are your hopes? Write them down here. These might become a goal that you can strive for.



What makes you beautiful inside and out? Learn to recognise the beauty in your character as well as your appearance. Are you kind? Considerate? Helpful? A good listener? Think about those amazing characteristics that you have!



What are your achievements. What makes you super cool! What have you done today that is AMAZING!



I love...



Love



Self-Care



Beauty



Inside and out!

For me...



For You

Thank you for

Thanks



My achievements...



You are Cool

To do...



BUSY

I wish...

Dream



I love...



Love



Self-Care



Beauty



Inside and out!

For me...



For You

Thank you for

Thank



Handwriting practice lines for the 'Beauty' section.

BUSY



To do...

Handwriting practice lines for the 'To do...' section.

Dream



I wish...



You are Cool



My achievements...

Handwriting practice lines for the 'My achievements...' section.

Self-Care

I love...

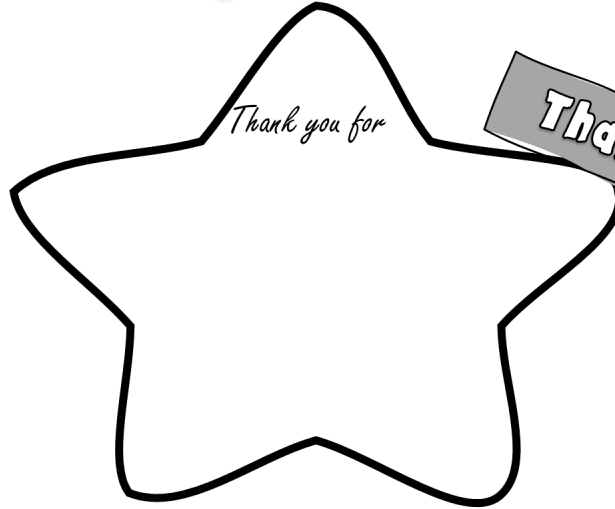
Love



For you!

To do...

Busy



Thank

I wish...

Dream



Beauty

Inside and out!

You are cool!

My achievements...
