Welcome to a Summer of Self-care! You might be asking yourself, “What does self-care mean?” Self-care is when we take an active role in caring for our well-being and happiness.

I like to take an active role in my well-being and happiness by playing my favorite song and dancing like no one is watching. This is something that always makes me feel great! **What are some things that you do that make you feel happy?** Maybe its playing with your friend, petting your cat, or singing at the top of your lungs. All of these activities would be part of your self-care.

This summer we will explore some fun self-care activities. There are a lot of different ways to practice self-care and you never know which way is going to work for you! **We challenge you to try some new things and learn about yourself this summer!**

This week we are going to focus on **emotional self-care**! Emotional self-care is about how we feel. Thinking about things that we are grateful or thankful for is a great way to raise our spirits.

This summer at Victory Junction, we will turn on the heart at the Spiritual Center to remind us of you! **Join us in remembering what is most important by lighting up your heart.** On the next page you will find a heart map! In each section, **Draw or write something you are grateful for!** See Victory Junction’s Heart Map on the last page!
My Heart Map

BY: Victory Junction

AGE: 16

The Petty's!
The sun
CAMPERS

The Kitchen (and pizza!)

VJ Camp Family!

Mary Legs
+ all of her animal friends

Medical staff

Finished? We want to see it! Share your artwork with us @victoryjunction or by using the hashtag #VJatHome