

a Summer OF Self-Care

emotional Self-Care

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!

Join us from home!

Follow along with us this summer on social media! @victoryjunction

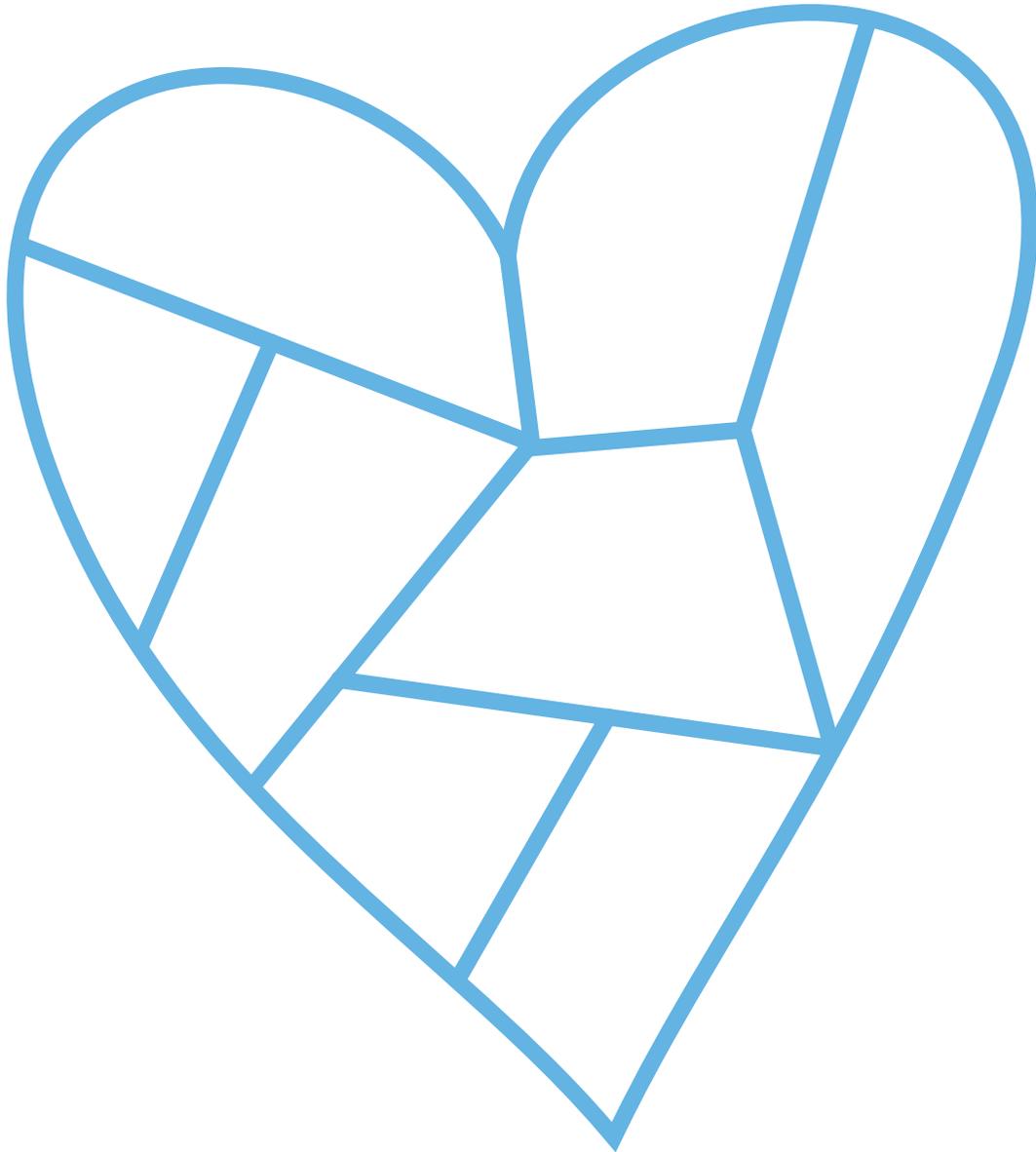


Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome



My **Heart Map**

BY: _____ AGE: _____



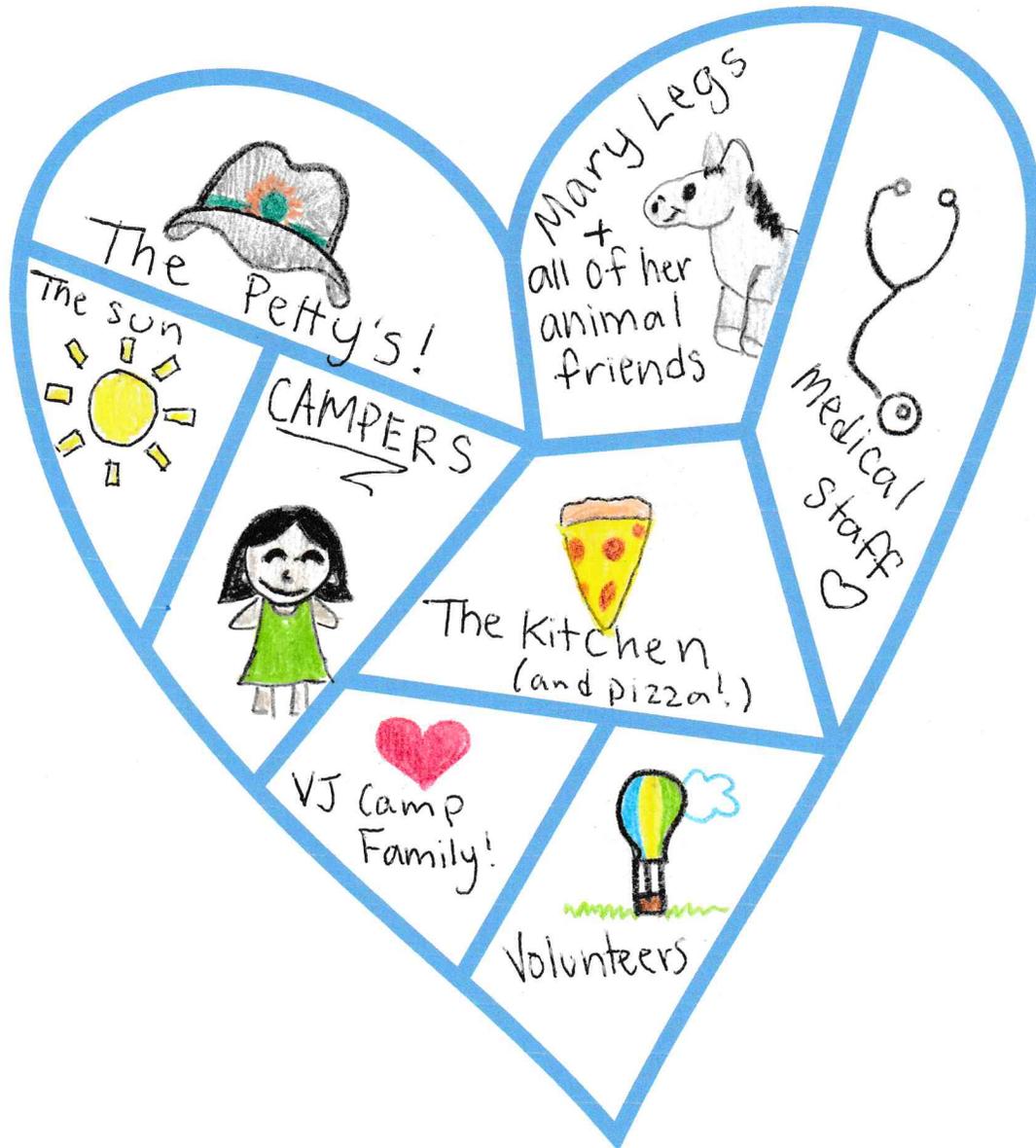
VICTORY JUNCTION 
@Home!

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

My HEART MAP

BY: Victory Junction

AGE: 16



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