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.

Practicing gratitude is a great way to practice self-care. Sending well wishes to others and being kind can make other people feel happy, this can make us feel happy too! This week we will send our gratitude on a road trip of its own. This week your challenge is to send well wishes and gratitude around the USA! Send a handwritten letter, thank-you card, drawing to a friend, grandparent, aunt, uncle, cousin, teacher, Victory Junction, etc.

You can write your own letter or use one of the templates below. When you’re done ask an adult to help you send the letter. If you can’t send a letter in the mail, try taking a picture of your letter and send it via email or text!

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
In your letters, consider telling the person the following:

- Why you decided to write to them?
- Why are you thankful for them?
- Why are they so special to you?
- Your favorite memory of them.
- What you love most about them.

**Pro Tip:** Keep the good vibes rolling, before bed each night, try sending your warm fuzzies out into the world by listing what you are thankful for.

**Other great ways to practice gratitude:**

- Journal about what you’re grateful for.
- Make a list of things you are grateful for and put it where you can see it each day.
- Sing about it.
- Talk to a friend of family member.
Dear _______________,

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Love,

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Dear ___________________,

Love,

VICTORY JUNCTION @ Home
LET’S TACO ‘BOUT HOW GREAT YOU ARE!

Dear ____________________,

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Love,

______________________________
Love,

______________________________
SENDING YOU
WARM & FUZZIES

TO: ____________________________
LOVE: _________________________

VICTORY JUNCTION @ Home