

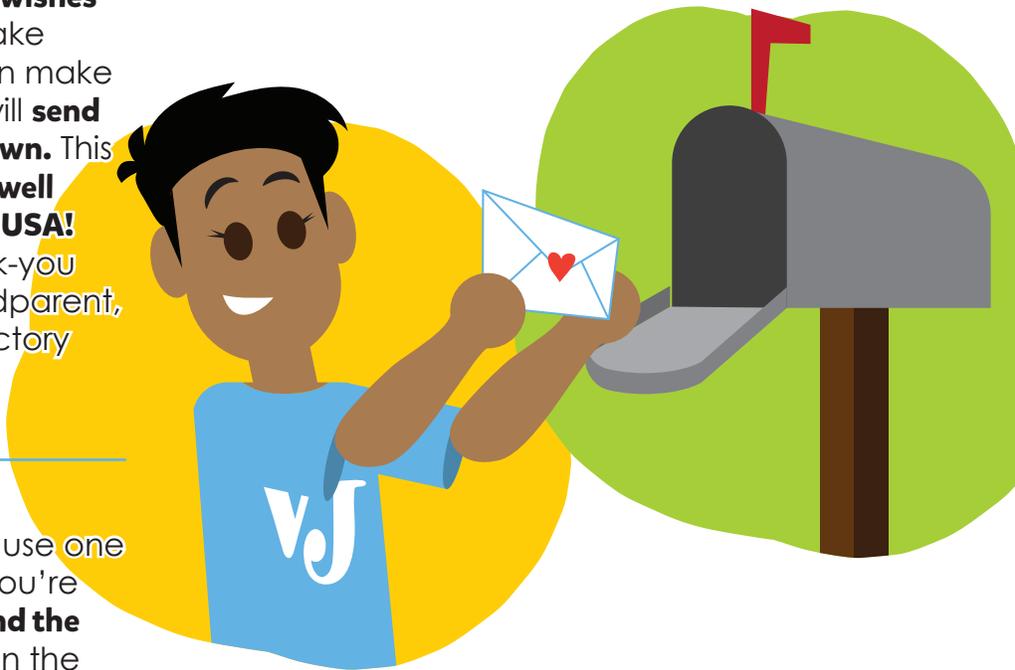
a Summer OF Self-Care

APPRECIATIVE 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.

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 or family member



THANK YOU!

Dear _____,

Love,

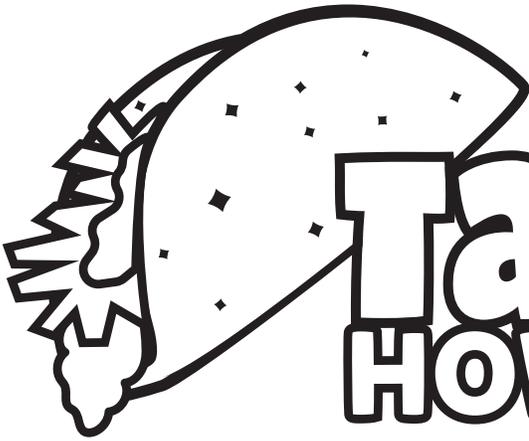
i ♥ YOU



Dear _____,



Love,



LET'S
TACO 'BOUT
HOW *Great* YOU ARE!

Dear _____,

Love,



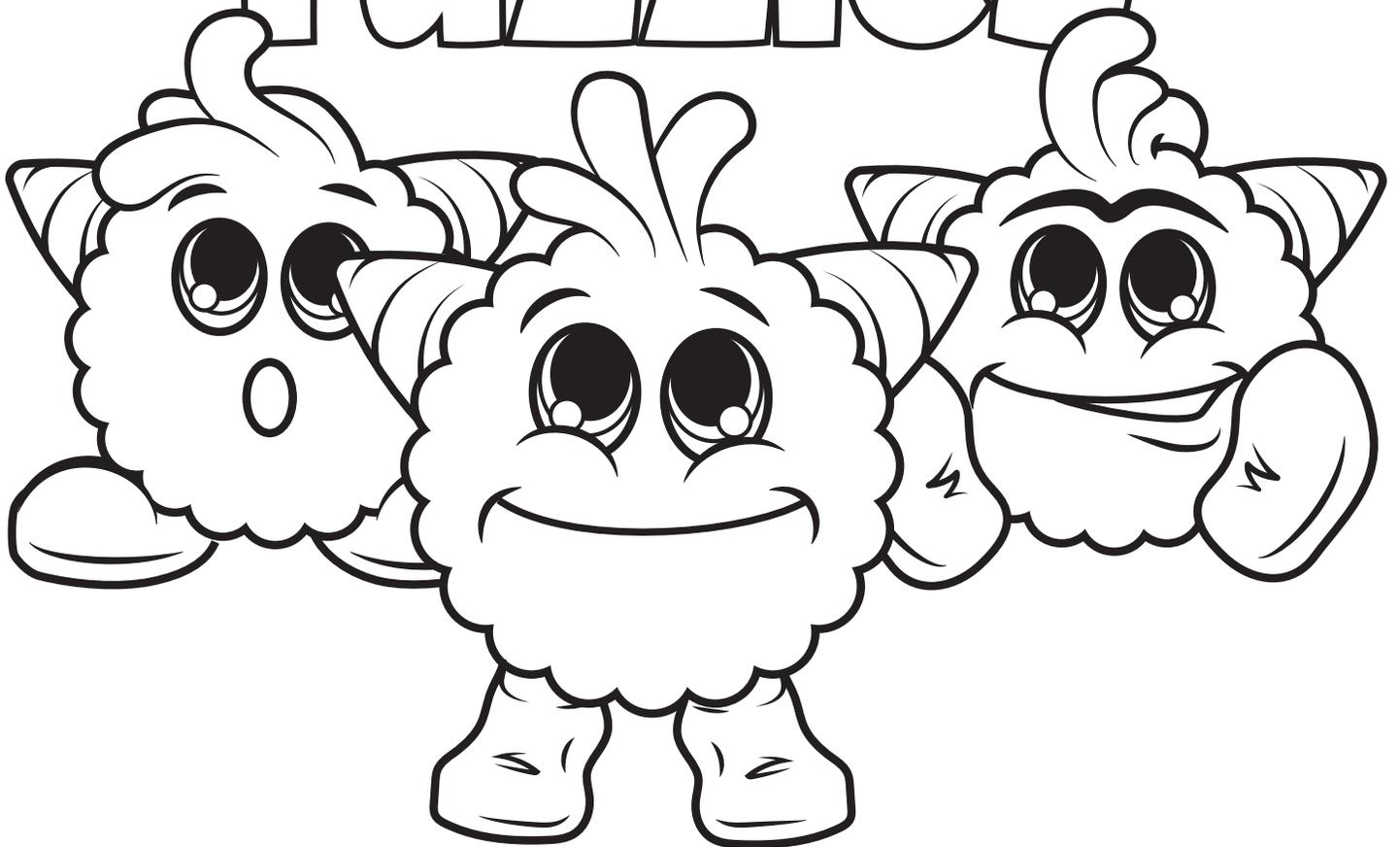
Thank you
**BEARY
MUCH!**



Dear _____,

Love,

SENDING YOU
WARM &
FUZZIES



TO: _____

LOVE: _____