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.

This summer we have tried to practice mindfulness, but sometimes it can be hard to focus while mediating or sitting still. Coloring is a great way to keep your hands busy while your mind focuses in on the moment. Coloring helps replace negative thoughts with positive. Plus, coloring is fun! Practice some self-care while having a bit of fun.

Other great ways to practice self-care this week:
- Draw and color your own picture.
- Create a new craft.
- Bake something with your family.
- Take a bubble bath.
- Spend time with loved ones.

Check out these fun coloring page below! After you are done coloring, take a moment and think about how you are feeling.

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