

Self –Love
Self-Care

Learn with
Monty and
Mathilda



PITTY PAWFESSORS



<https://www.youtube.com/watch?v=hkOFHVZRgGY&t=15s>

What do the terms
Self-Care & Self-Love
mean to you?

<https://vimeo.com/422953072>



*Pawfessors
Mathilda & Monty*

What are
some ways
you practice
Self-Care





<https://www.youtube.com/watch?v=5RkoX2Yuz4A&t=1s>

Celebrate you!!!

Share something you
love about yourself.



Your Turn -

How can you use today's lesson to:

Help an animal?

Help a person in your community?

Help yourself?



PITTY PAWFESSORS

SELF CARE 4 KIDS

BINGO

BUILD A
BLANKET
FORT

GIVE
YOURSELF
A HUG

FACETIME
WITH A
FRIEND OR
COUSIN

TAKE A
BUBBLE
BATH



ARRANGE
STUFFED
ANIMALS
INTO A
♥ SHAPE

PAINT
OR
DOODLE

DANCE TO
YOUR
FAVE SONG

NAME ONE
THING YOU
LOVE ABOUT
YOURSELF

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@HEARTANDCROWNREIKI

Download more activities

www.pittypawfessors.org