

Everyday Self-Care

*Make the ordinary
extraordinary*



1. Begin each day with a self hug and set an intention for the day

2. Use your favorite smelling soap in the bath

3. Use the pretty dishes when you eat a meal

4. Create an inspirational homeschool space:

(Put your favorite supplies in a pretty container, make an inspirational sign)

5. Create a snuggle spot with favorite blanket, stuffed animal and book or journal

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