

# PITTY PAWFESSORS

Self –Love Self-Care

Learn with Monty and Mathilda



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

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

#### https://vimeo.com/422953072





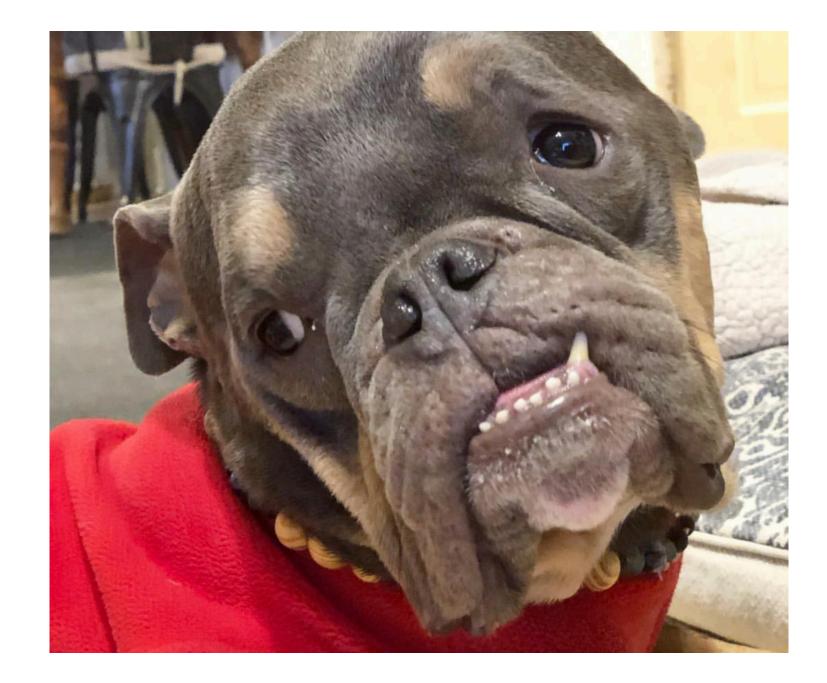
What are some ways you practice Self-Care



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?



#### Download more activities

www.pittypawfessors.org