



SELF CARE PLAN

1. Health and Exercise:
What are you going to do to move your body? Make your goal three times a week.

2. Love for yourself:
What can you do just for you this week that helps you feel refreshed?

3. Grow and Learn:
What can you do this week that takes you out of your comfort zone?

4. Gratitude:
Think of something you are thankful for each day. What can you do to share your thanks once a week?

5. Who will be your partner to help follow through?

6. How will you know you are on track?

Adapted from *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom* by Kristin Souers with Pete Hall.