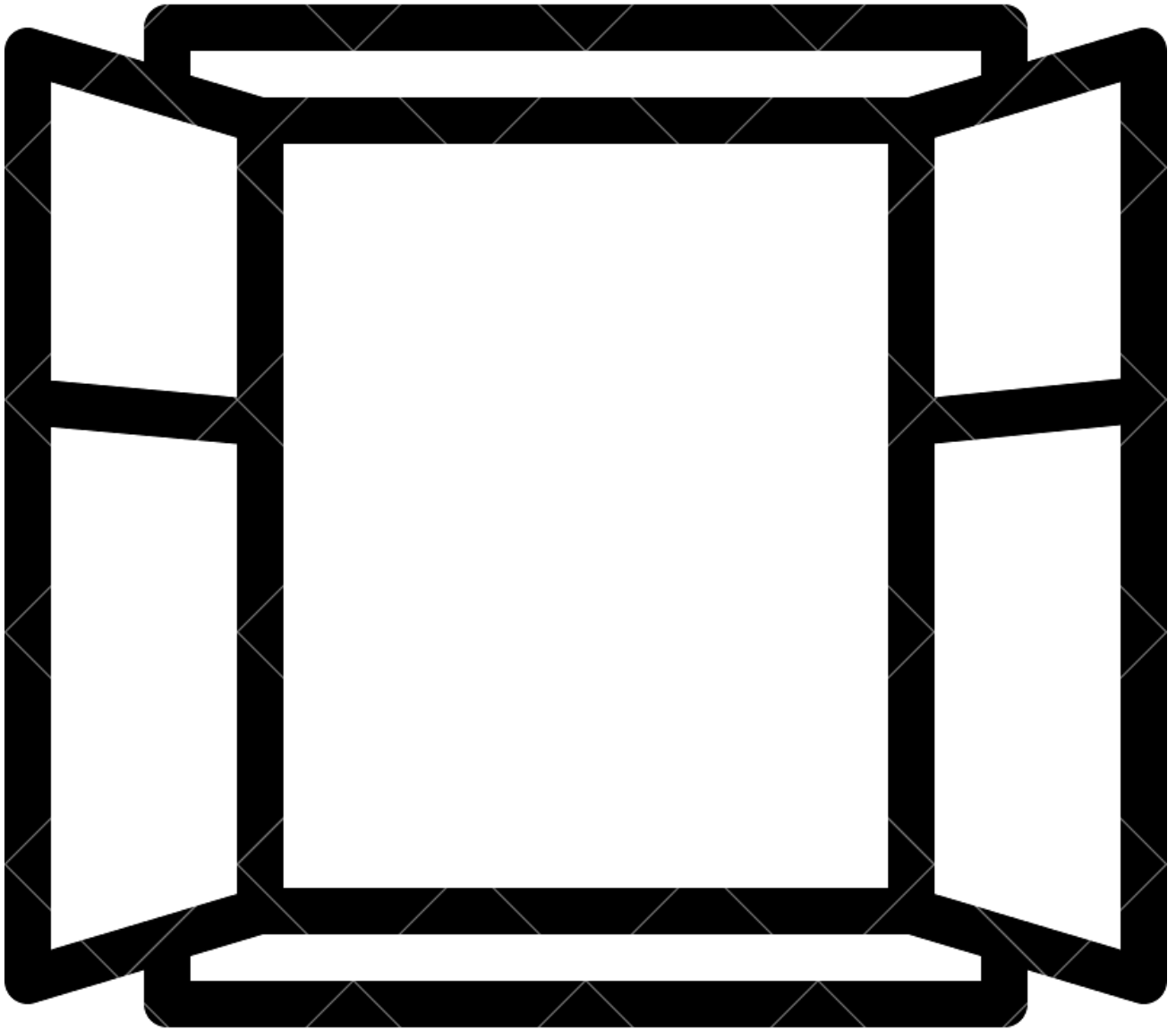


WHAT DO YOU DO FOR  
SELF-CARE?



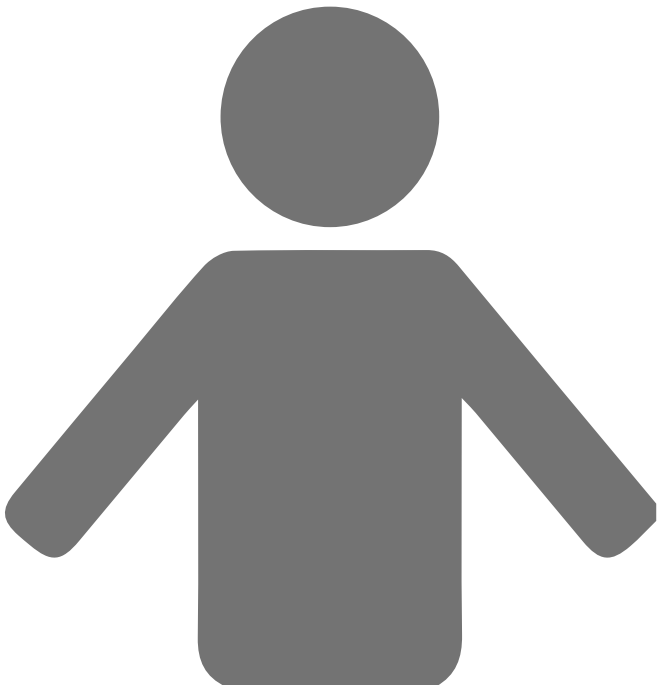
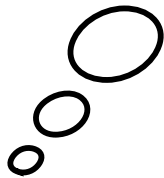
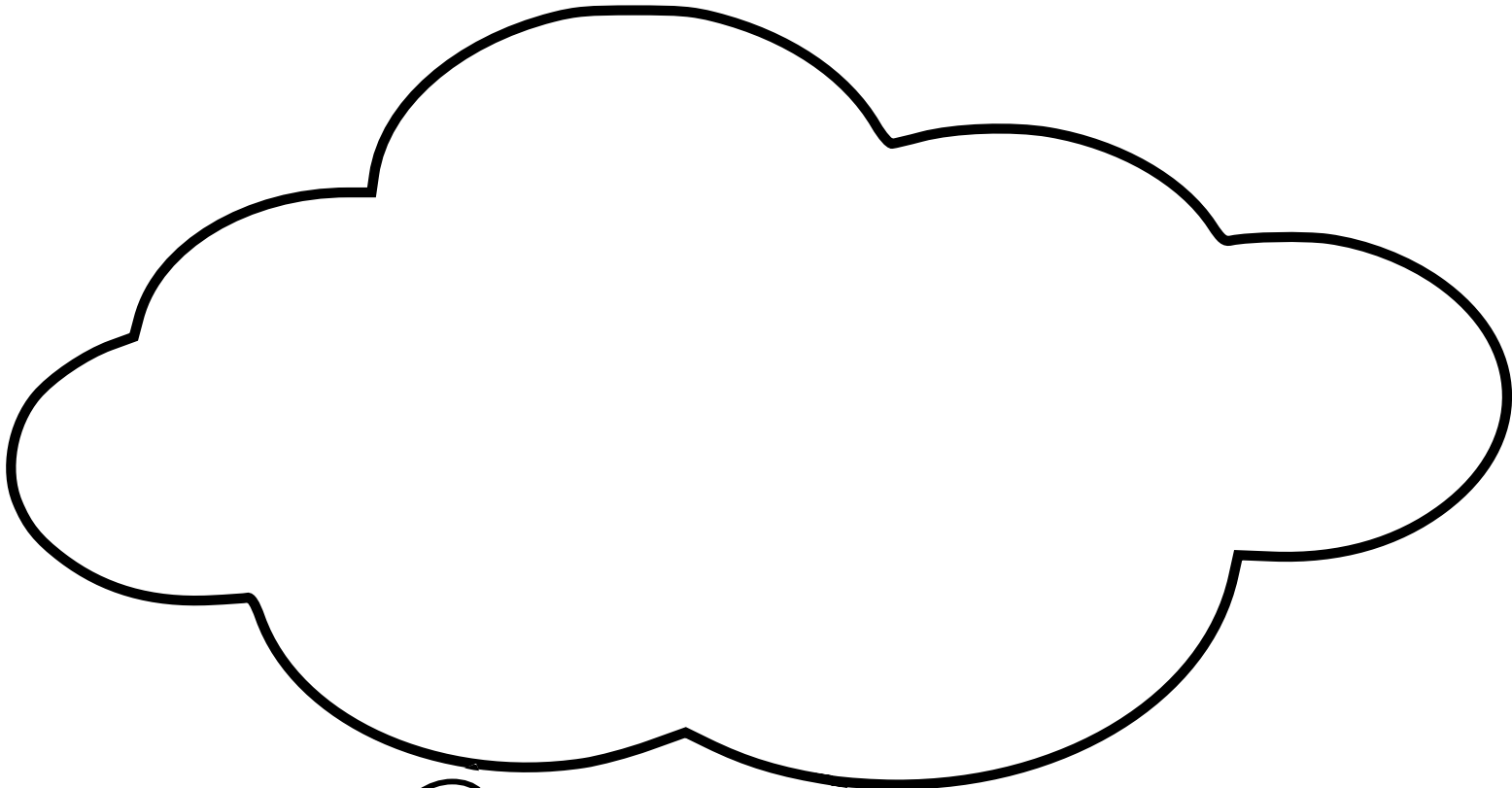
LOOK OUT YOUR DOOR OR WINDOW. WHAT IS  
SOMETHING OUTSIDE YOU'RE GRATEFUL FOR?



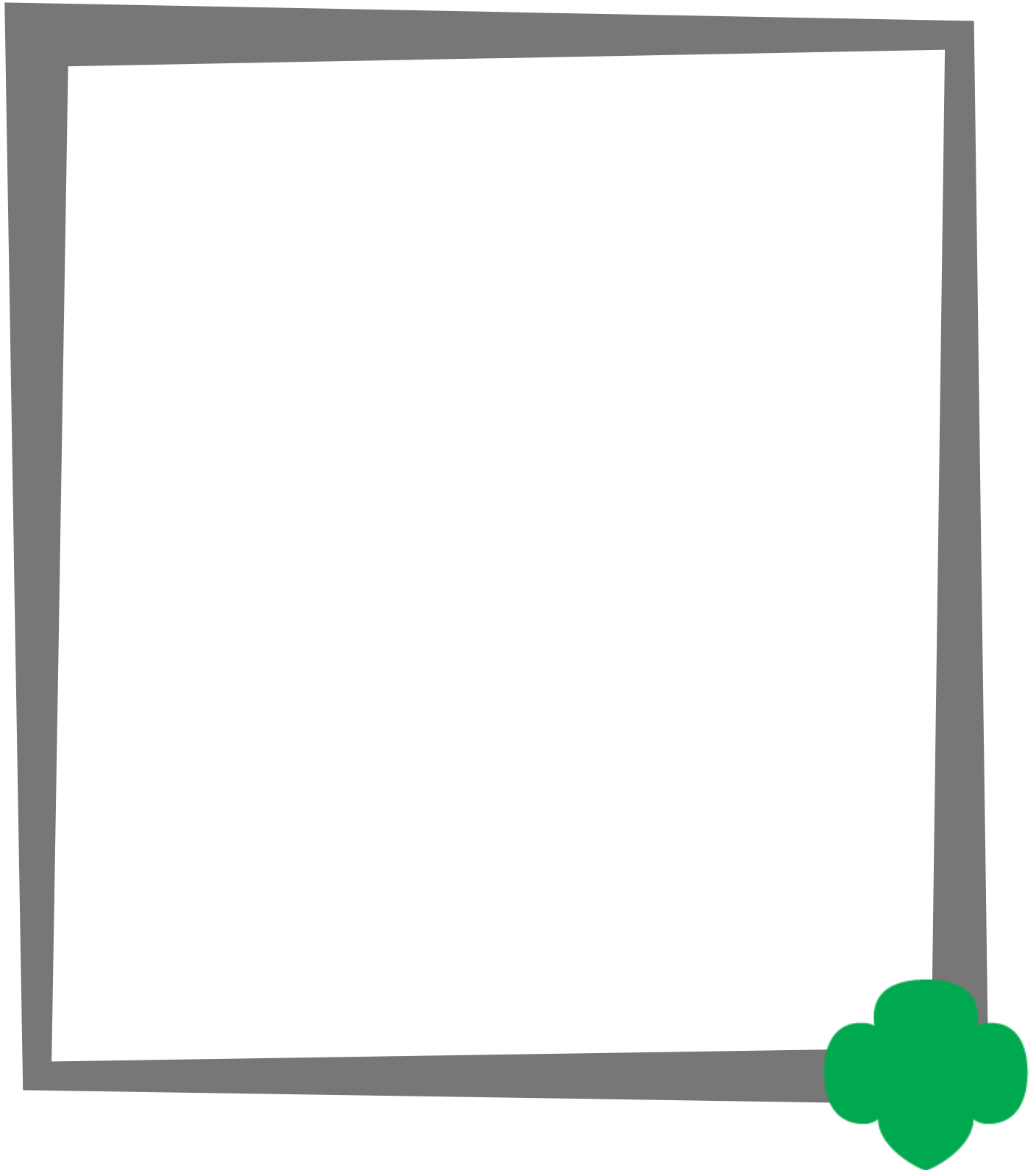
MAKE A LIST OF ALL THE WAYS YOU ARE  
HEALTHY.



WHAT IS YOUR FAVORITE MEMORY FROM  
GIRL SCOUTS?



WRITE OR DRAW SOMETHING GOOD THAT  
HAPPENED TO YOU TODAY.



JOURNAL ABOUT A TIME YOU WERE ABLE TO HELP  
SOMEONE.



**Draw an  
emoji that  
shows how  
you felt when  
you helped  
someone.**

