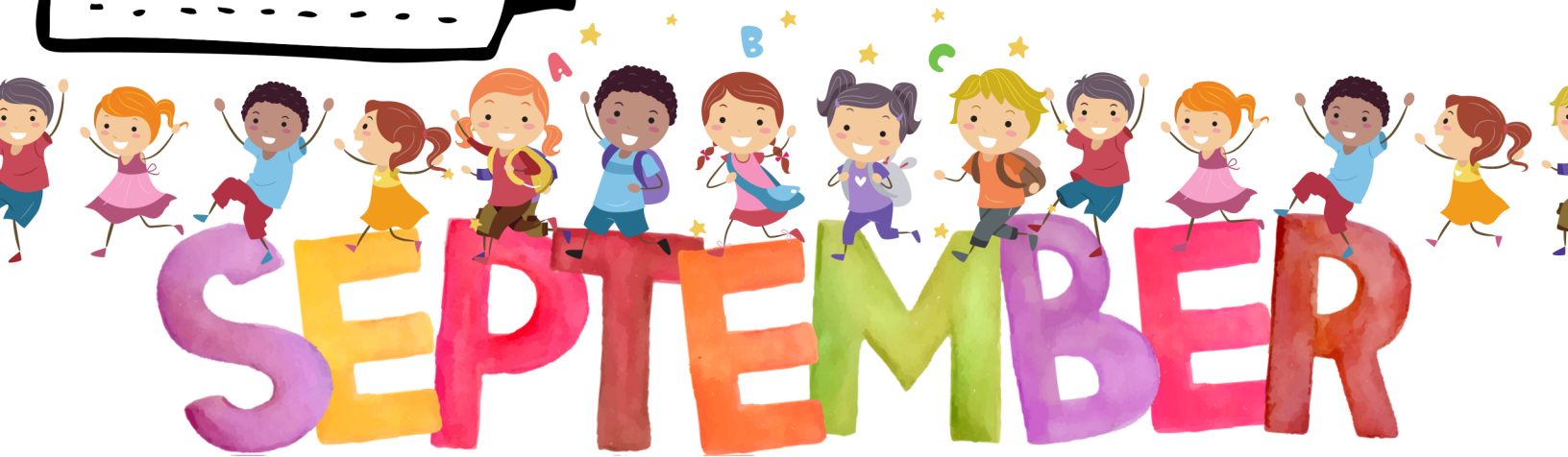


NAME: _____



September is National Self-Care month.

Self-care is taking care of your physical and mental health. How can military kids make sure they are taking care of themselves?

Draw a picture in each box below..



How can I take care of my body?



How can I take care of my mind?