



Counseling Virtual Learning Kindergarten Self-Care

April 7, 2020

Luna, the School Therapy Dog, Stays at Home



Luna is a School Therapy Dog. Her favorite thing to do is to ride to school and see her friends.



But for now, Luna is staying at home. So, she will make a Self-Care Plan to help her have happy, healthy days.



Luna's Self-Care Plan



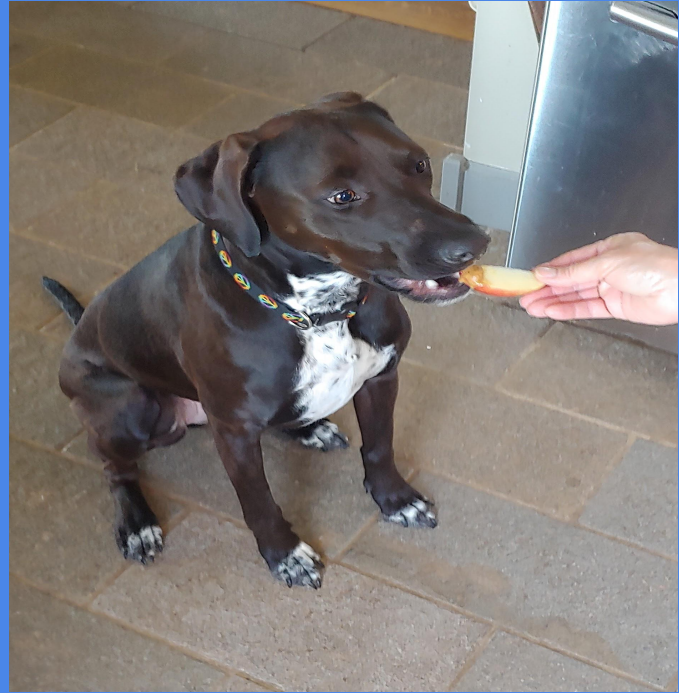
1. _____
2. _____
3. _____
4. _____
5. _____



First, Luna will drink plenty of water.



Luna will eat some healthy foods, each day.



She will get fresh air and fun exercise, when she can.



Finally, Luna will share some snuggle time with people she loves. And, she'll get plenty of rest.



