

# 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.



#### First, Luna will drink plenty of water.



#### Luna will eat some healthy foods, each day.



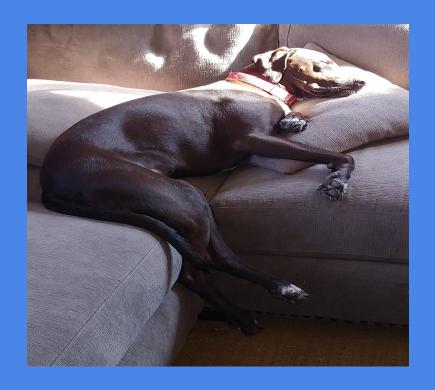


## She will get fresh air and fun exercise, when she can.



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





#### What will your Self-Care Plan include?

Dance Party	Silly Photos	Do a Puzzle
Blow Bubbles	Playing with Pet	Build a Fort
Yoga Moves	Paint Nails	Take a Nap
Bird Watching	Draw a Picture	Read a Book
Big Stretches	Tell Jokes	Take a Bath