

Self Care Jar

With the current challenging times it is important to take care of ourselves. Here is a fun way to incorporate some self love into each day!

All you need is:

- Jar
- Popsicle sticks
- Sharpie

Steps:

1. Create a list that is meaningful to YOU of what do to take care of yourself
2. Write each item out on a popsicle stick
3. Place all your 'self love' ideas into the jar and mix them up

Each day pick out one and give yourself some self love!

Variations:

Can also be applied with activities, snack ideas, fitness exercises

