

Energised Minds



**FACE MASKS + SELF-CARE CHATS
ONLINE WORKSHOP!**

Activity Sheets

***PLEASE PRINT THE NEXT TWO PAGES*
WE WILL WORK THROUGH THEM DURING THE WORKSHOP.
(BLACK & WHITE PRINTING IS FINE!)**

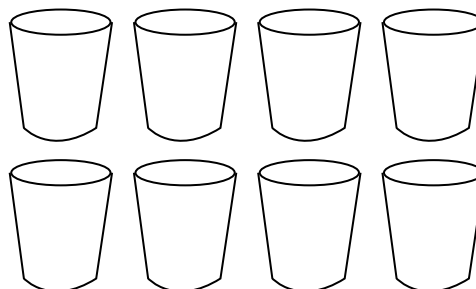
Self-Care *Check in!*

Did I practice some self-care in my day today? (circle)

YES / NO

What's your favourite
self-care activity:
(Draw or write)

Have you had enough water today?
How many cups have you had:



Have you filled up your self-care cup with things that make you feel good? (tick)

☐

Listen to my favourite song/playlist

☐

Eaten enough food

☐

Write 3 things I'm grateful for today

☐

Spent some time outside in fresh air

☐

Moved my body for joy
(walk, dance break, workout, yoga etc)

☐

Had some quiet time away from social media

☐

Connected with someone who makes you
feel good (BFF, mum, pet - call, text, hug etc)

☒

Popped a face mask on and joined Ali for a
Self-Care class on the Online Academy!!

How will I bring self-care into my day tomorrow? I will... _____

Once a week pamper:



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THANK YOU
FOR BEING HERE WITH ME!
YOU ARE SO AWESOME!

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