

Self Care

1. Noun
2. Noun
3. Adjective
4. Verb Base Form
5. Verb Base Form
6. Verb Present Ends In Ing
7. Exclamation
8. Number
9. Number
10. Verb Base Form
11. Noun
12. Adjective
13. Noun
14. Adjective
15. Number

Self Care

Once upon a time, there was a [_____ Noun _____], and that [_____ Noun _____] was feeling a bit [_____ Adjective _____].

What can I do to feel better, they asked themselves. "I have tried to [_____ Verb Base Form _____], I tried to [_____ Verb Base Form _____], and yesterday I even tried [_____ Verb Present ends in ING _____] [!]"

[_____ Exclamation _____], maybe today I could try something new! I could do [_____ number _____] breathing exercises, they thought. Or maybe I could do [_____ number _____] [_____ Verb Base Form _____]!

They tried and tried, but none of these seemed to help. They knew they couldn't give up, they were determined to find something that worked for them.

What about a walk in the [_____ Noun _____]?

Why not try writing in my [_____ Adjective _____][_____ Noun _____]?

Or maybe find time to laugh at something [_____ Adjective _____].

A smile came across their face because they felt a bit lighter and knew they did something good for themselves.

"I didn't give up and I found the best self-care for me" they said to themselves.

"If one thing doesn't work, I'll just try something new!" they thought.

"It might not always be easy, but I'll try [_____number_____] different things and eventually I will find one that works for me."