

# 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."