

Castro's Self-Care Challenge

As educators, we always work extremely hard, but this year has been particularly challenging for us all. We often forget about our own personal self-care needs. Therefore, this week, I challenge you to do something for yourself every day! -Rozie

Choose from the ideas below or come up with your own idea, but do something for you.

Day 1: _____ Activity: (What did you enjoy today?)	Day 2: _____ Activity: (What did you enjoy today?)	Day 3: _____ Activity: (What did you enjoy today?)
Day 4: _____ Activity: (What did you enjoy today?)	Day 5: _____ Activity: (What did you enjoy today?)	Day 6: _____ Activity: (What did you enjoy today?)

Self-Care Ideas

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| <input type="checkbox"/> Read for pleasure | <input type="checkbox"/> Eat at your favorite restaurant | <input type="checkbox"/> Sip a cup of tea |
| <input type="checkbox"/> Garden – plant something new | <input type="checkbox"/> Take a hike | <input type="checkbox"/> Take a road trip |
| <input type="checkbox"/> Buy something for you | <input type="checkbox"/> Enjoy a massage | <input type="checkbox"/> Visit a museum |
| <input type="checkbox"/> Cook your favorite dish | <input type="checkbox"/> Walk on the beach | <input type="checkbox"/> Visit a library |
| <input type="checkbox"/> Organize a space at home | <input type="checkbox"/> Call a friend you haven't spoken to in a while | <input type="checkbox"/> Do something creative – draw, paint, sew, or color |
| <input type="checkbox"/> Enjoy a glass of wine | <input type="checkbox"/> Watch a movie that makes you feel good | <input type="checkbox"/> Listen to feel good music |
| <input type="checkbox"/> Cuddle with your pet | | <input type="checkbox"/> Enjoy a treat (dessert) |
| | | <input type="checkbox"/> Journal |

Do it and prove it for a chance to win a prize!
 Submit this filled out page, with your name, and with your evidence on 11.29.21 to room 502