



The ABCs of Learning

Name _____

Date _____

Language Arts Activities

In the story, you read about different characters' ways of practicing self-care. Below are some activities you can try for self-care:

1. Create your own artistic, self-care journal to track your daily health habits
2. Write a short story about the importance of self-care
3. Write a self-care poem
4. Create your own A-Z self-care tips to use for yourself or share with others
5. Create your own A-Z coloring book

Remember, these are all activities for your own benefit. Have fun!





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Resources

1. Ahimsa Yoga Studio
2. Buddha Belly Kids Yoga
3. Chicago Botanical Garden
4. Lake Katherine Nature Reserve
5. Peggy Notebaert Nature Museum
6. Tula Yoga Studio

**Worksheets brought to you by Teach4Always and Turn the Pages*

