Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

**STAYIN’ HAPPY**

- Smile at others
- Don’t tell my friend’s secrets
- Keepin’ Happy example

**KEEPIN’ FIT**

- Brush my teeth each night
- Jump rope at recess
- Drink more water

**KEEPIN’ CLEAN**

- Wash my hands before eating
- Keepin’ Clean example
- Don’t tell my friends’ secrets

I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL:

NAME:

SELF-CARE MEDALLIONS: MEDALLION HANDOUT, EXAMPLE

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Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

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