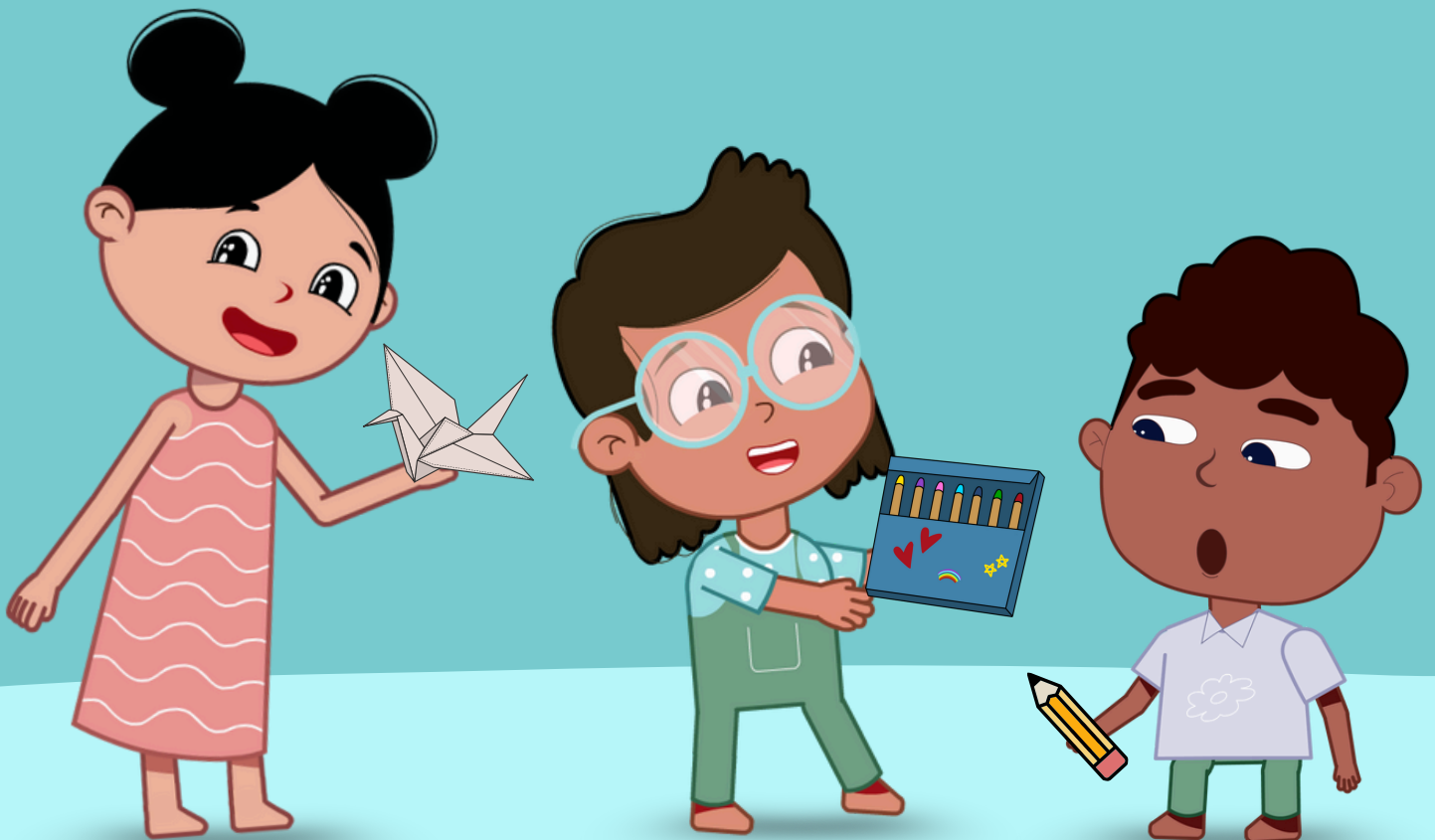


SELF CARE WORKBOOK

A mix of fun and calm —
to help little minds learn self care 🌈



I'M DIFFERENT!



Being different is something that should be celebrated! Draw a picture of yourself in the middle and then come up with things that make you different and unique to write on the circles.

A worksheet template for a self-reflection activity. At the top center is a red rounded square containing the word "ME" in white capital letters. Below this is a large white rounded rectangle. Surrounding the white rectangle are eight light blue circles. Red arrows point from the white rectangle to each of these circles: two on the left side, two on the right side, and two at the bottom. The circles are intended for drawing a picture of oneself and writing unique characteristics. In the bottom left corner, there is a cartoon illustration of a girl with black hair in two buns, wearing a pink shirt. In the bottom right corner, there is a cartoon illustration of a boy with dark skin and curly hair, wearing a light blue shirt.

MY COMPLIMENTS TO MYSELF

I am good at...



I am a good friend because...

I know I am loved because....



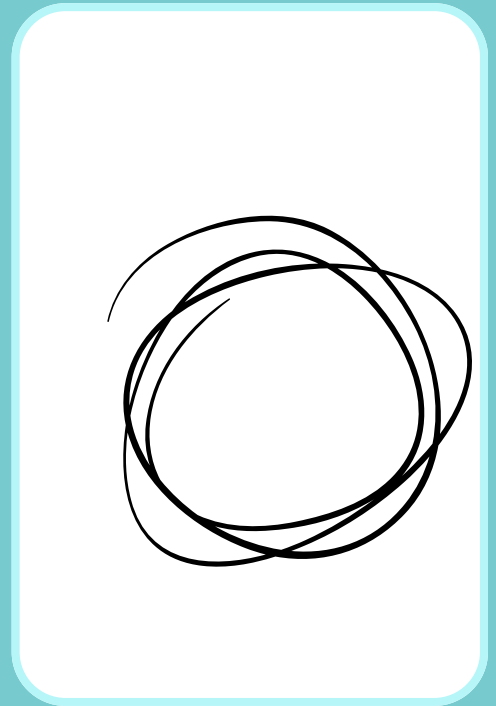
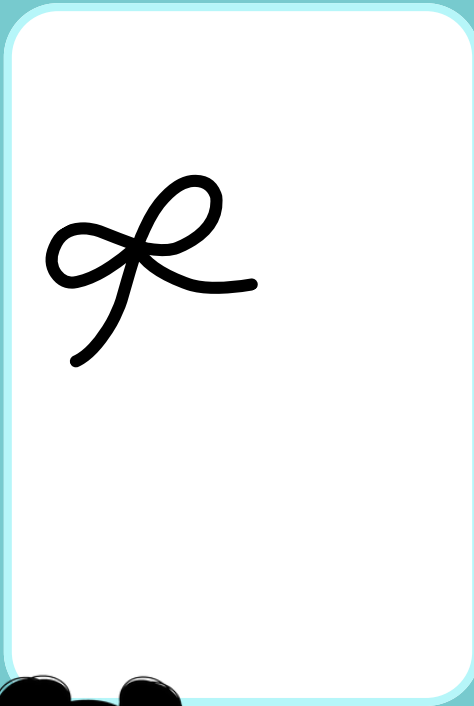
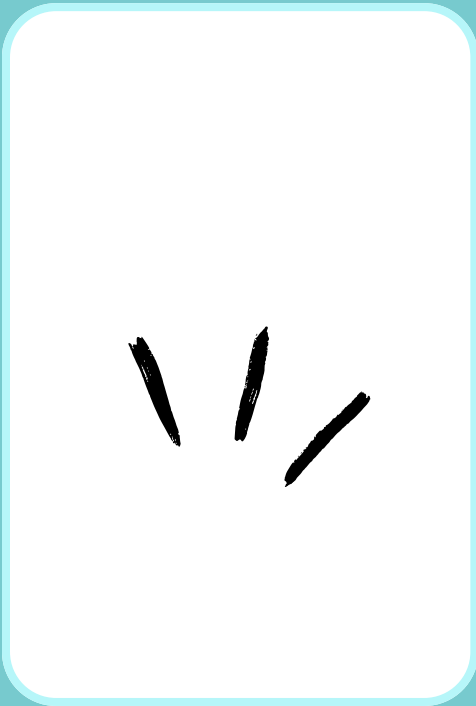
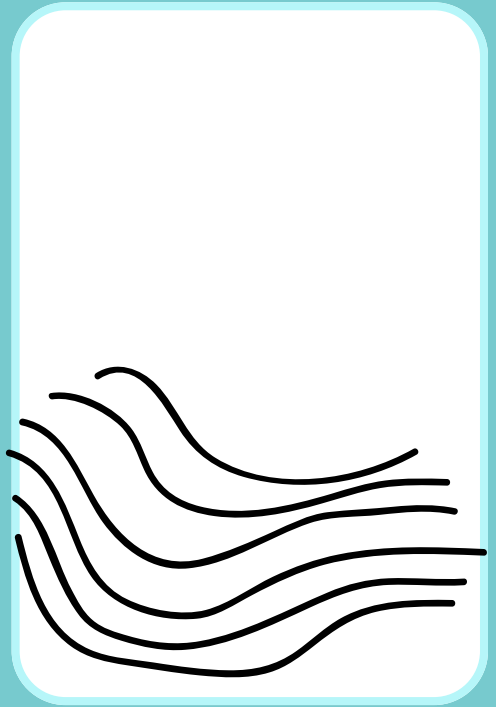
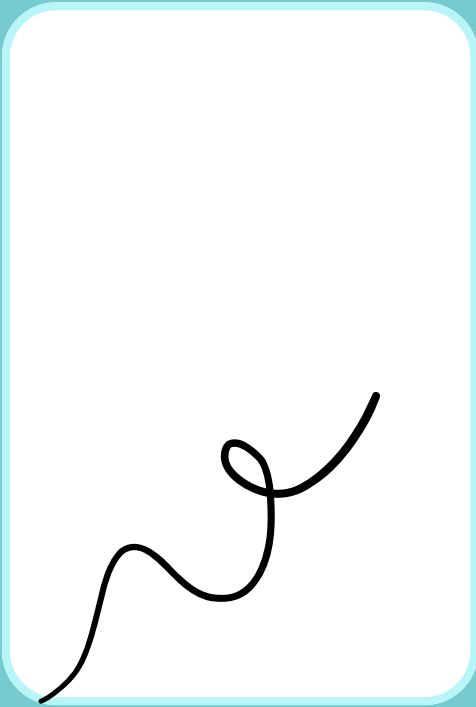
I am proud of my...

Most people really like my...



IMAGINATION WORKOUT

Let your imagination run wild and think of what each of these squiggly lines can be and finish the drawing yourself!



WHAT I SEE IN THE MIRROR

1. Write in the mirror every single thought you have about your appearance



2. Cross out all the negative statements and write down their opposites

3. Say the positive statements **ALOUD** to yourself



TREE OF GRATITUDE

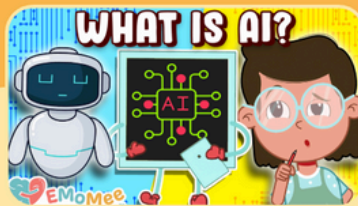
Write or draw what you are grateful for about your freedom and independence





About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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