

Taking CARE of THE SELF 2.0

Divide the class into groups. As a team, find ways of taking care of yourselves in the following situations :

Ways of taking care of self



When you are sick

1. _____ 2. _____ 3. _____

Before going to bed

1. _____ 2. _____ 3. _____

Going to malls

1. _____ 2. _____ 3. _____

Going to school

1. _____ 2. _____ 3. _____