



SELF-CARE



Mini-Vacations I will take for the next 10 weeks. (10-15 min)

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

WEEK 5:

WEEK 6:

WEEK 7:

WEEK 8:

WEEK 9:

WEEK 10:

Recreation Ideas:

Ideas: painting, ceramics, gardening, sewing...

One creative endeavor I will add this year:

Ideas: dancing, flower arranging...