

SELF CARE TAGS

HUMANS ARE JUST LIKE OUR CLOTHES: WE HAVE SPECIFIC WAYS THAT WE NEED TO BE CARED FOR. BELOW, FILL OUT THESE SELF CARE TAGS FOR YOURSELF. FILL OUT ONE WHICH DICTATES HOW YOU CAN CARE FOR YOURSELF. THEN FILL ONE OUT FOR HOW YOU HOPE TO BE CARED FOR BY YOUR FAMILY OR FRIENDS

How to care:



How to care:



How to care:



How to care:

