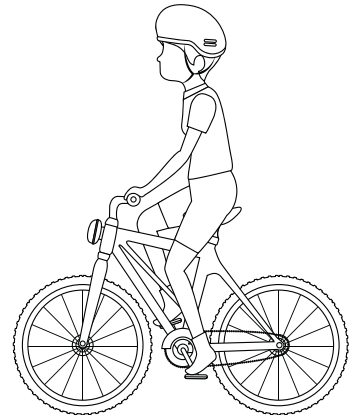


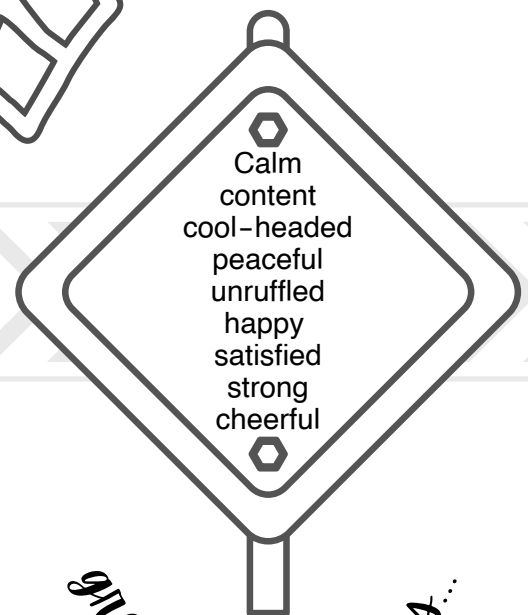
Taking care of myself

Write down activities that can help you remove stress from your body:



Learning
stress skill
is a valuable life
to manage
Can you decipher this sentence?

Write down how you feel after you have done your activities:



great vocab ideas...