Use the boxes below to explore what self-care means to you. Think about the why, when, what, and how of self-care in your life.

**Self-Care**
Restorative activities that are done with the purpose of rejuvenation, wellbeing, and relaxation.

Why is self-care important?  
When can you practice self-care?  
What does self-care look like?  
How does self-care make you feel?

Watch the Ted Talk, *Self Care: What It Really Is* to learn more.  [Video Link](https://www.youtube.com/watch?v=dQw4w9WgXcQ)
An activity that relaxes the mind and purposefully brings awareness to the present moment.

Use the boxes below to explore what mindfulness means to you. Think about the why, when, what, and how of mindfulness in your life.

Why is mindfulness important?  
When can you practice mindfulness?  
What does mindfulness look like?  
How does mindfulness make you feel?

Mindfulness

An activity that relaxes the mind and purposefully brings awareness to the present moment.

Watch the Ted Talk, *All it takes is 10 mindful minutes* to learn more. 
[Video Link]

[OPENPhysEd.org]
Use the boxes below to explore what grit means to you. Think about the why, when, what, and how of grit in your life.

Why is grit important?

When can you use grit?

What does grit look like?

How does grit feel?

Watch the Ted Talk, *Grit: The power of passion and perseverance* to learn more. [Video Link]
Use the boxes below to explore what gratitude means to you. Think about the why, when, what, and how of gratitude in your life.

Watch the Ted Talk, *Want to be happy? Be grateful!* to learn more.

[Video Link]