

Self-Care Pack

The Hohokam/Huhugam people who lived at Casa Grande developed habits and traditions that built their resilience and helped them thrive in the Sonoran Desert. Your students can adopt daily practices that build resilience and strengthen positive participation in their community.

What's Inside?

Daily Affirmations Mini-Posters

SEL Writing Prompts for Daily Journals

Mindfulness Coloring Pack for your Calm Corner

Compiled for you by

CILC Curricular Resources &





I am smart, amazing, and powerful.

I don't need to worry. I can try again.

I can do more than I believe.

I am creative and bright.

I love myself.

I am worthy.

My dreams will come true.

I am great today, and I will be even greater tomorrow.

My heart is full of kindness and courage.

Everyone makes mistakes, and I learn from mine.

Learning is fun!

I am unique.

I love the world around me.

Everything I do matters.

I am extraordinary.

I do my best every day.

I am responsible.

My memory is fantastic.

I am a fast learner.

I always offer others a big smile.





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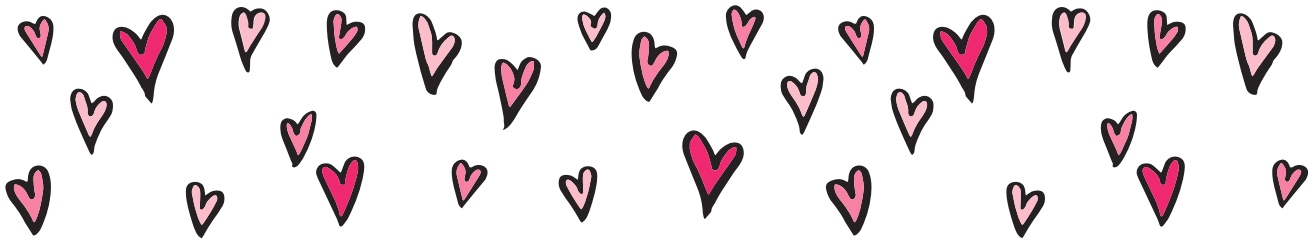
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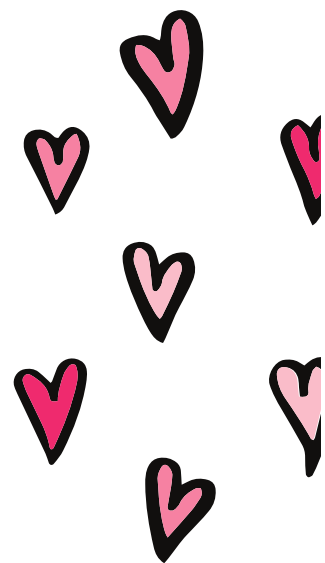
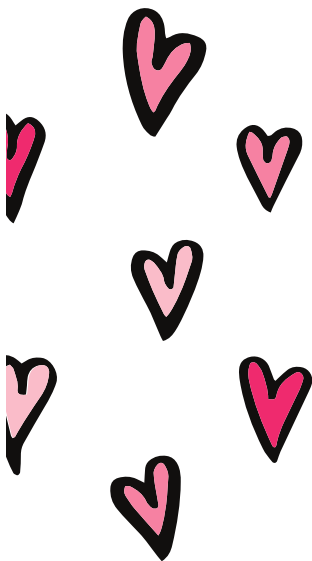
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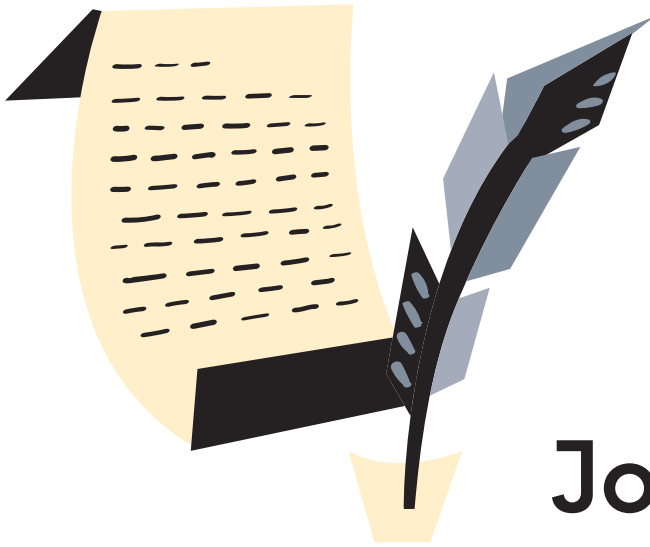
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Journal Prompts

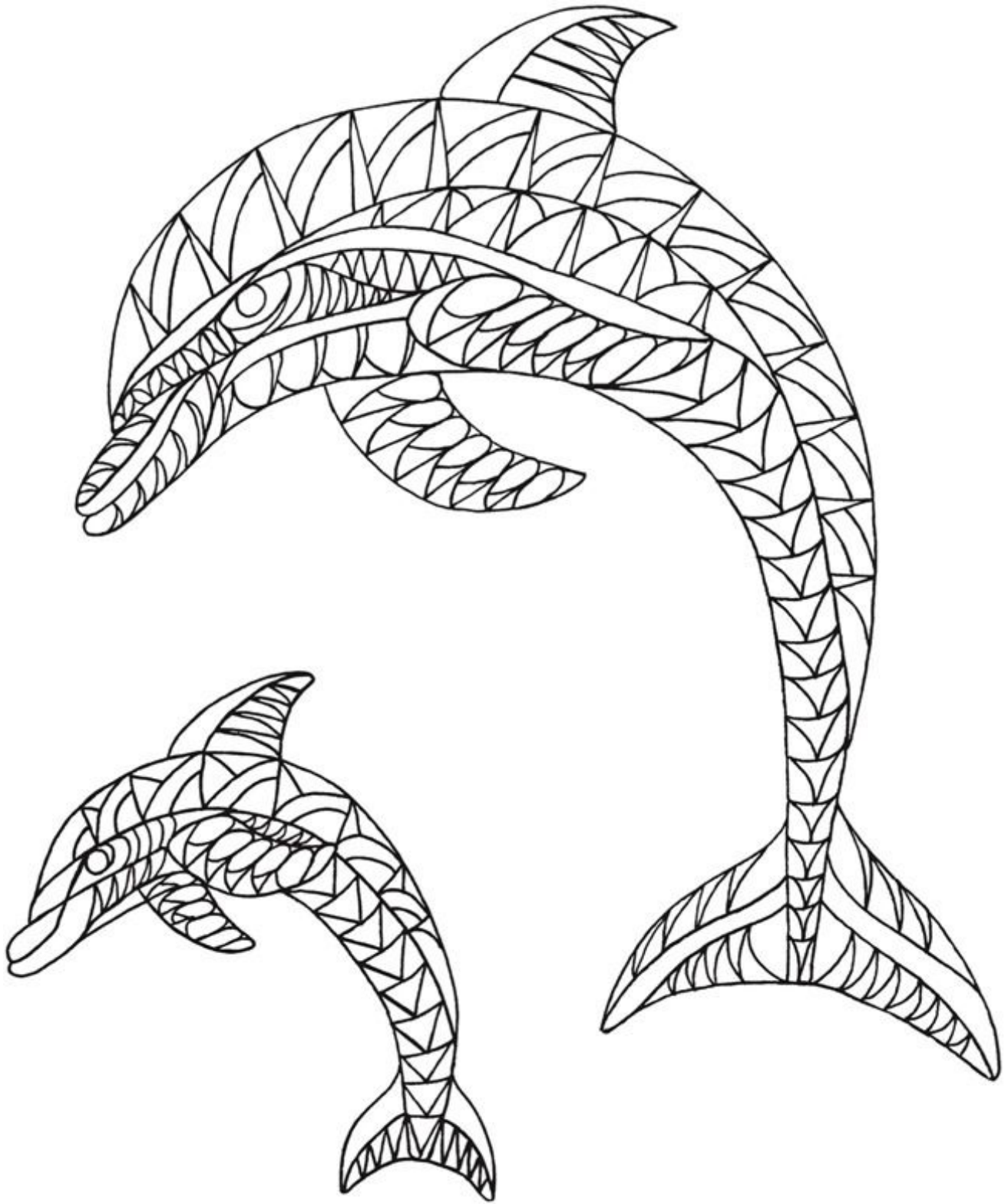
- What is your greatest talent?
- What is the best compliment you've ever received?
- How do your parents encourage you to be more confident?
- Write about a unique quality you have that makes you special.
- Write down five things that define who you are, listing them as "I am _____," statements. Take a few minutes to think about each one. Which quality feels the best?
- Write about a time when you did something you were afraid to try. How did you feel afterward?
- When you're feeling confident, what emotions do you experience?
- Write about a person you admire. What qualities do you have in common with this person?
- What is your favorite thing to do? How do you feel when you work on this activity?
- What does it feel like when someone recognizes something you worked hard to do?
- What makes you feel like a strong person?
- What do you do when you see a classmate struggling with something?
- Of the people in your life, who makes you feel the most confident?
- Name three qualities you love about yourself
- Write about your greatest success.

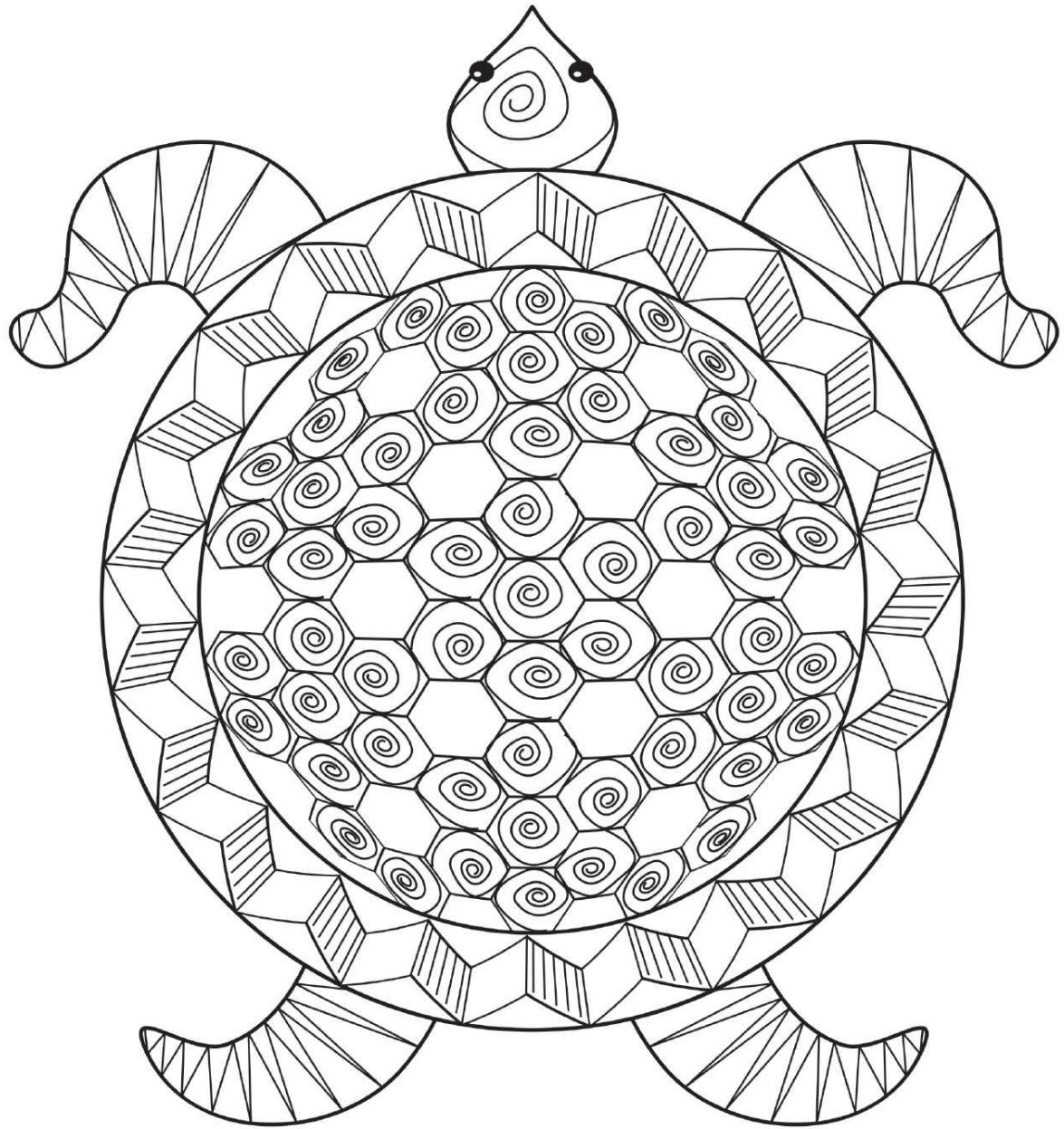






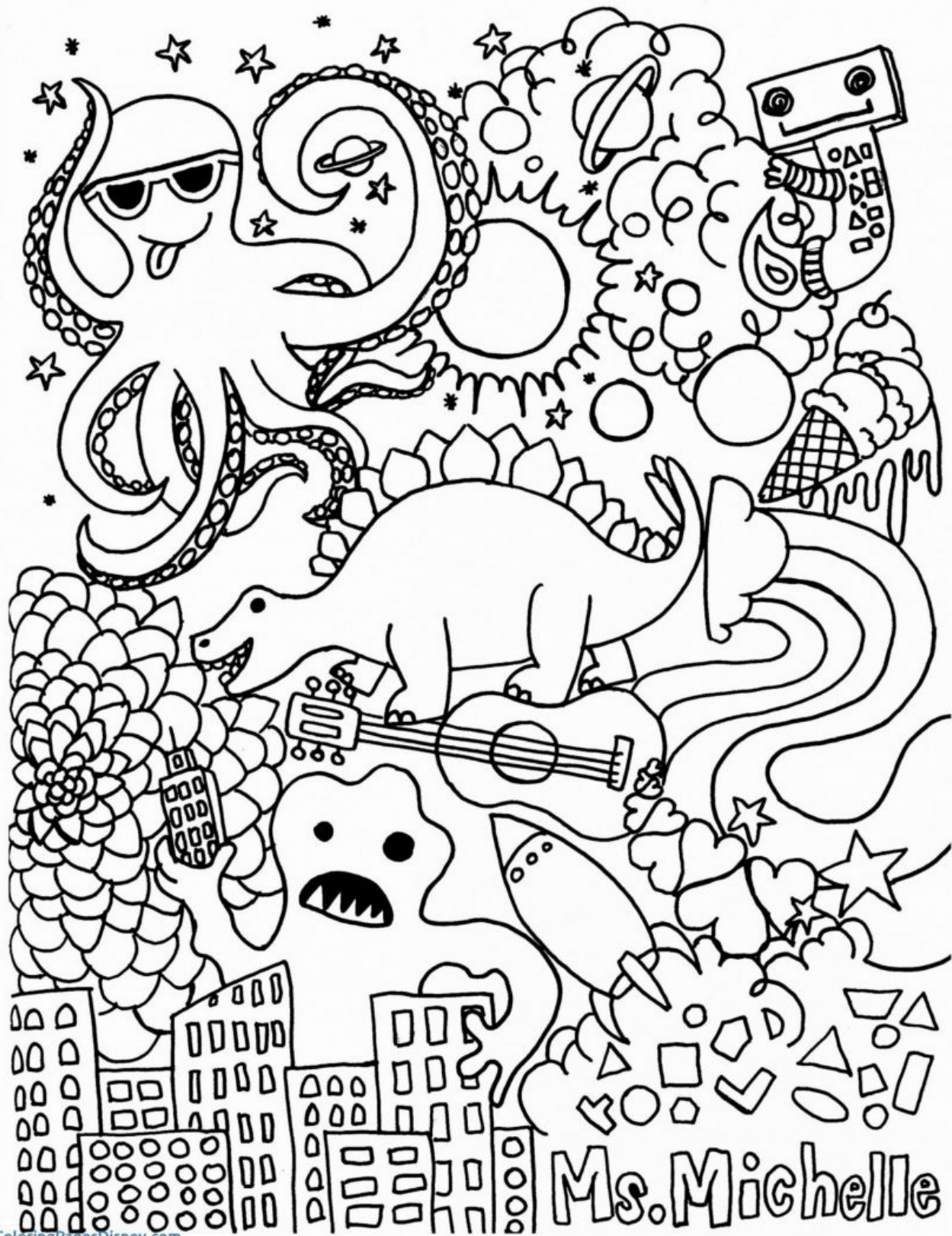


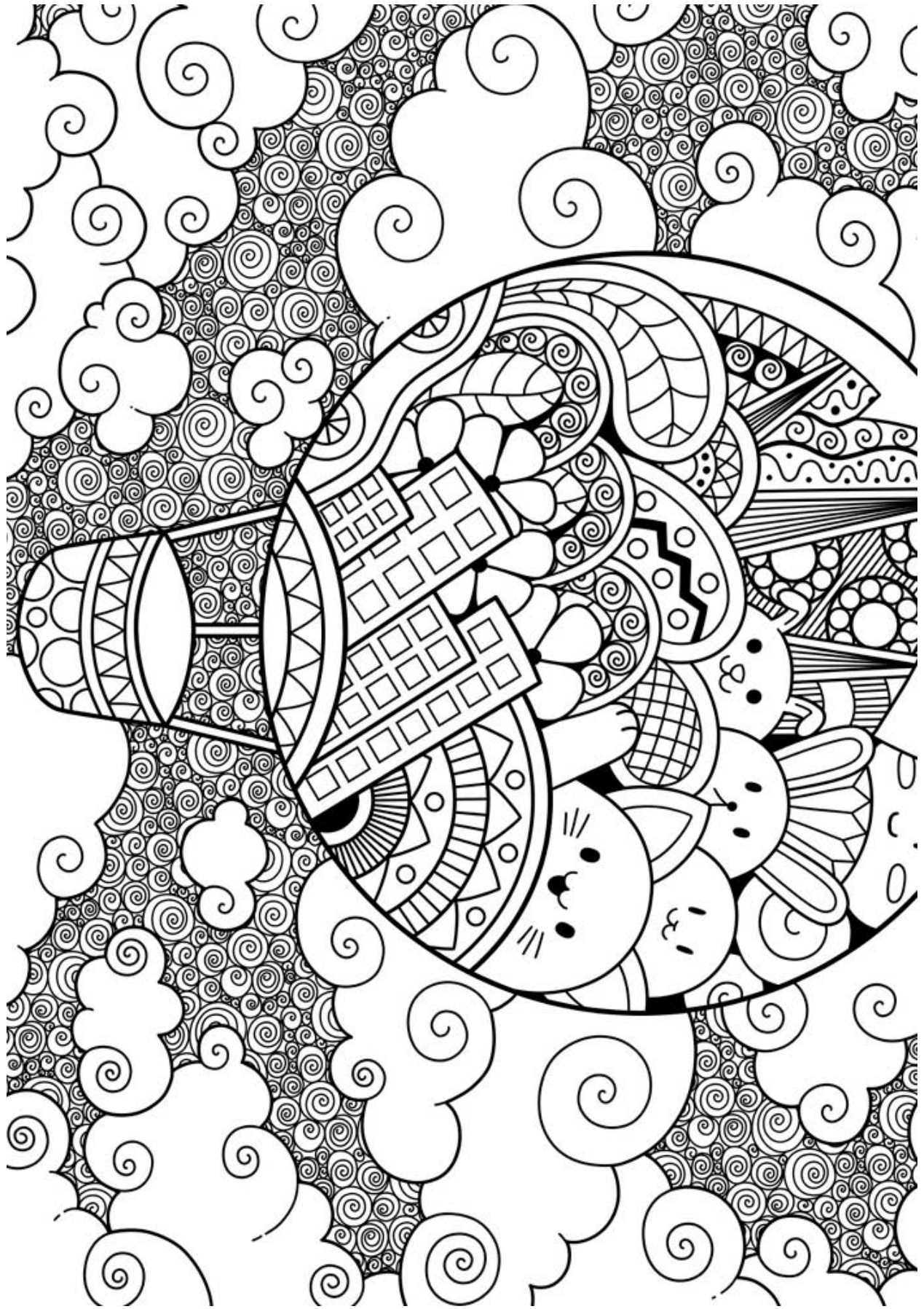






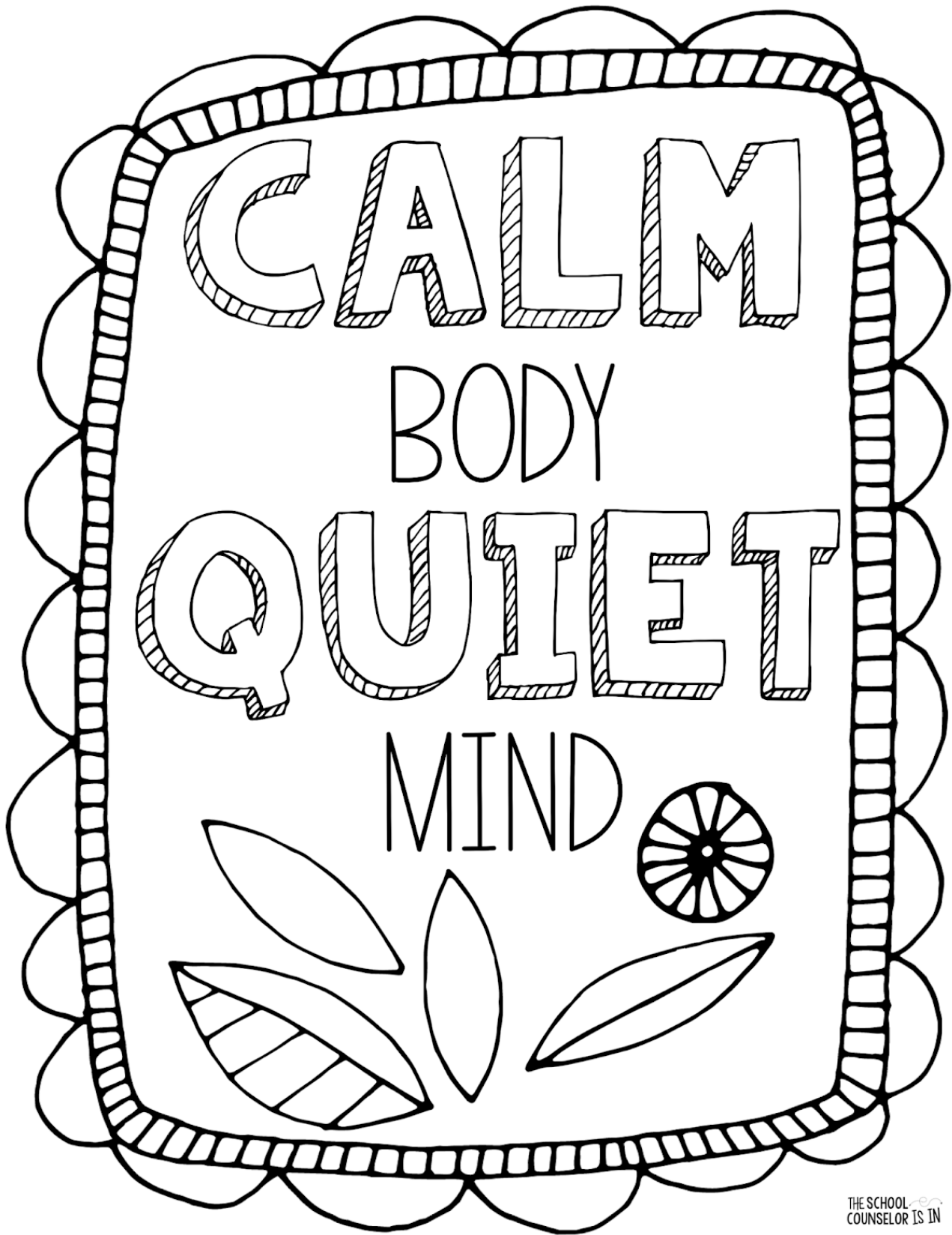








All
is
well



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