

# My body happy week

Dates: \_\_\_\_\_

Super power: \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**mantra:**

My body  
is my own.

**mantra:**

I am strong..

**mantra:**

There is a  
universe inside  
me.

**mantra:**

I am good.

**mantra:**

My body is  
my friend.

**self-care:**

Spend time  
outside.

**self-care:**

Have a  
kitchen disco.

**self-care:**

Make a cosy  
snuggle den.

**self-care:**

Make a cosy  
snuggle den.

**self-care:**

Talk to a  
friend.