



CTE Center

## MAY COGNITIVE KIT WRITING PROMPT

"Sometimes self care is exercise and eating right. Sometimes it's spending time with loved ones or taking a nap. And sometimes it's watching an entire season of TV in one weekend while you lounge around in your pajamas. Whatever soothes your soul." — Nanea Hoffman

What are your favorite ways to engage in self care? In what ways can you engage in these activities more often?