How do you practice self-care?
(Circle your preferred methods)

Exercise  
Listen to music  
Be creative

Eat healthy  
Sleep  
Practice Mindfulness/Yoga

Spend time with friends/family  
Talk about my feelings  
Un-Plug Electronics

Other ideas?
First Name:____________________ Last Name___________________

Name of any trusted adults at school that you can talk to:

Was today’s presentation helpful?  

Yes  No  

Why or why not?

What suggestions do you have for future presentations?

Additional comments?