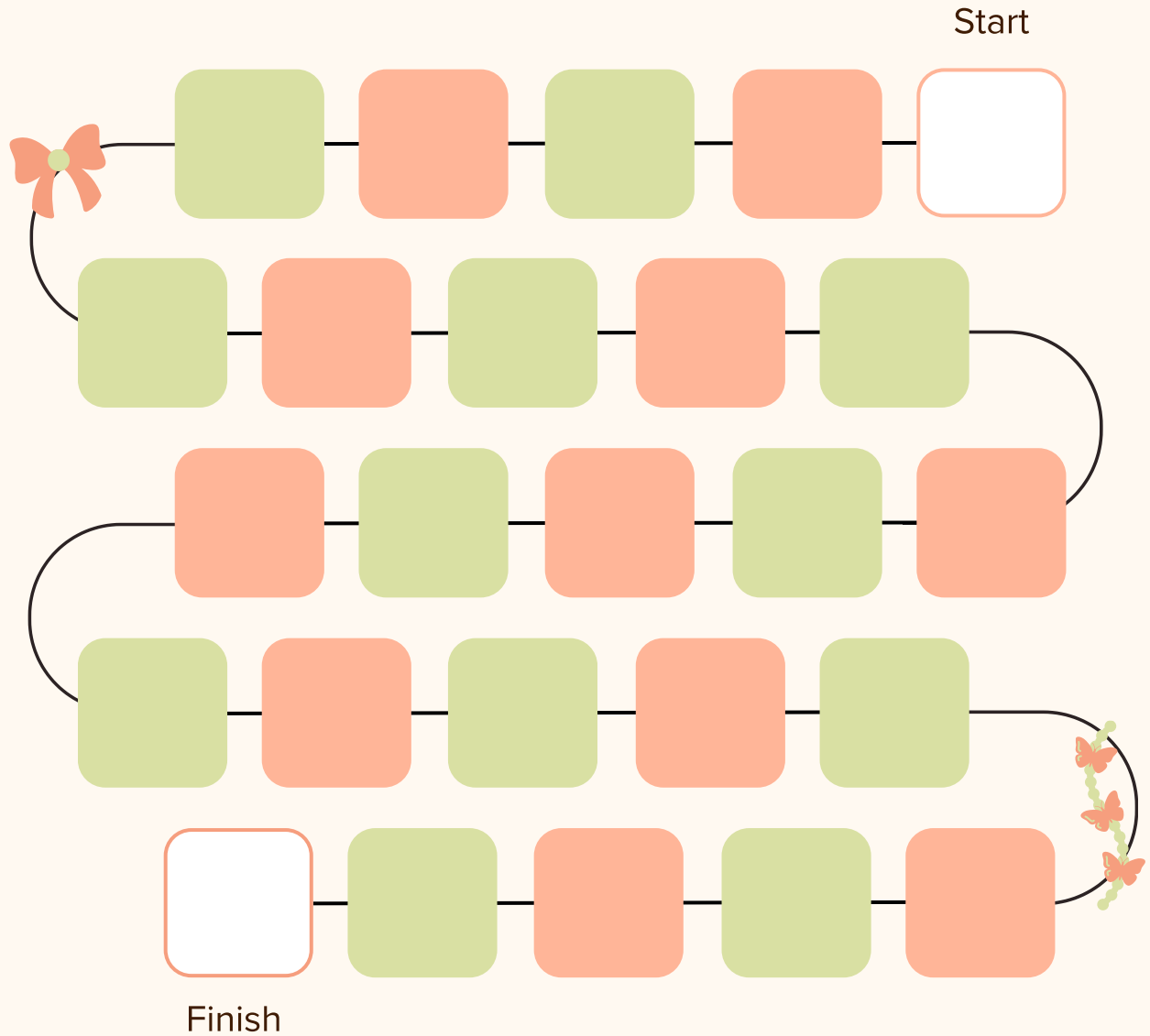


HOMESCHOOL PLANNER



Self-care Tracker



Positive Affirmation



Check-in
What do I need?

30-DAY

Self Care Challenge

Take a walk outside	Engage in joyful movement	Listen to a calming song	Take a few slow deep breather	Start a gratitude jar
Explore sleep hygiene	Try positivity journaling	Organize your work space	Volunteer	What are you looking forward to?
Dance like no one is watching	Play with your pet	Watch the sunrise or sunset	Take a warm bubble bath	Cook your favorite meal
Eat something you enjoy	Read for fun for 5min	Watch your favorite movie	Start a positive pinterest board	Practice simple meditation
Try to wake up early	Sleep in	Eat something that feels good in your body	Ask for a hug	Drink an extra cup of water
Do a body scan	Try some a grounding exercise	Spend some time outside	Wear something cozy	Play a game

Unit Studies

TOPIC

TOPIC

TOPIC

TOPIC

TOPIC

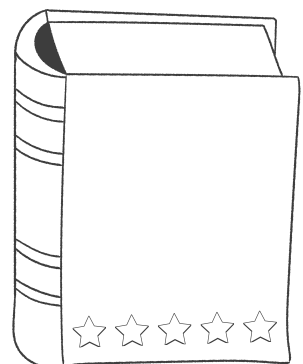
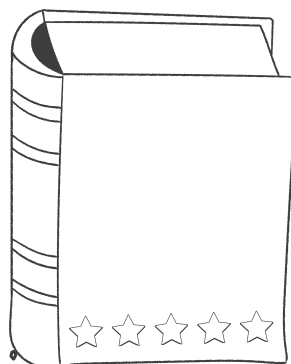
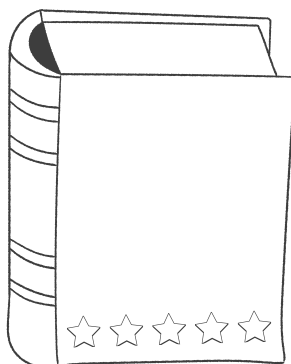
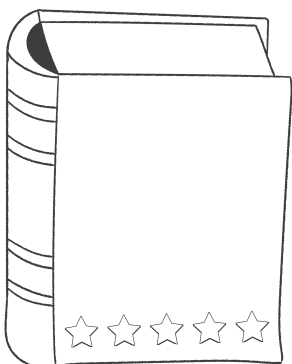
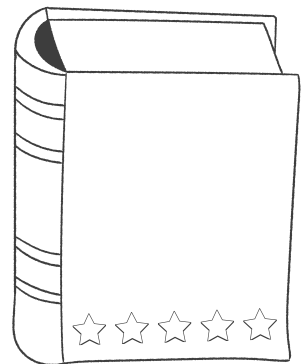
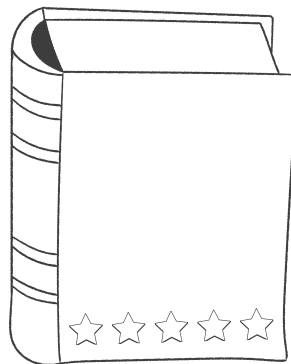
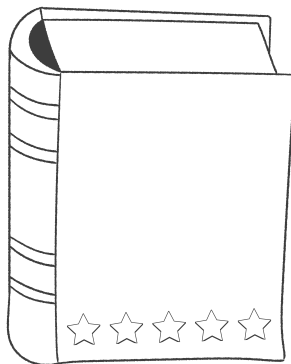
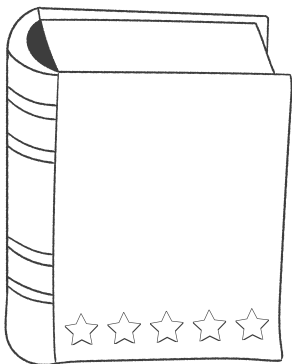
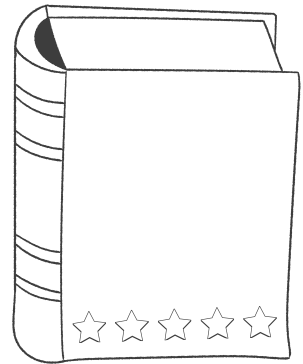
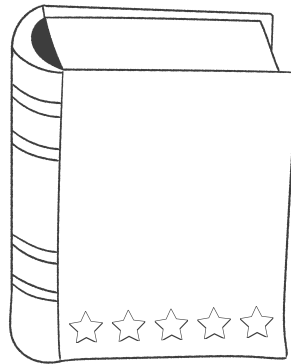
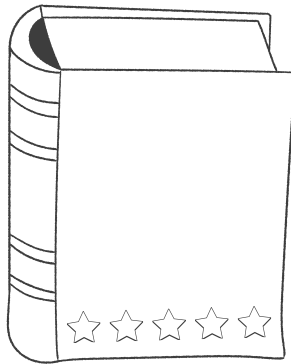
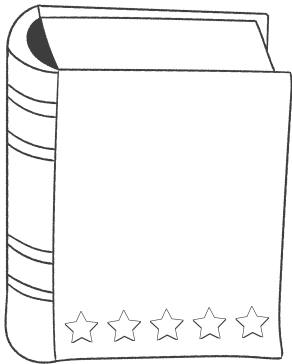
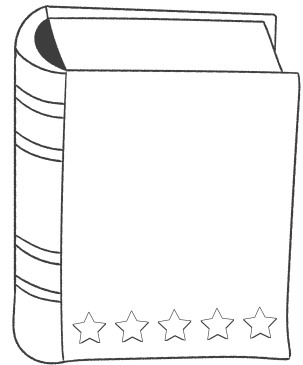
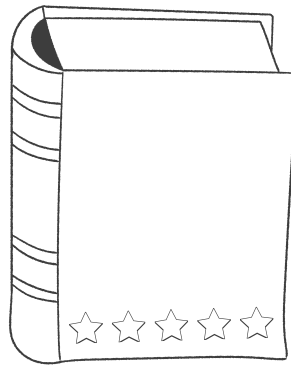
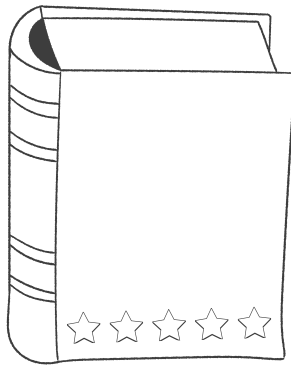
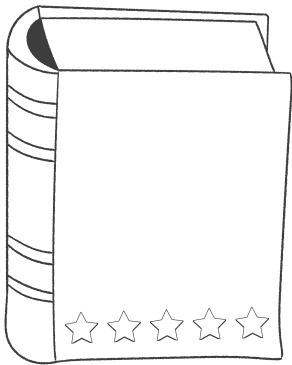
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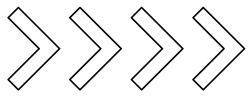
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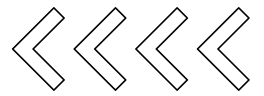


Book Tracker





Weekly Planner



Week Of: _____

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

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What Feels Most Important?

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Games

--

Books

--

Websites

--

Videos

--

Rabbit Trails

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Month Of: _____

Monday	Tuesday	Wednesday	Thursday	Friday
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