

COVID-19 CARE CARDS

doodle + write in me
daily + **SHARE ME**
with others ♥

hey you! **GOOD MORNING** dear human! with others ♥

Something I'm looking forward to today...	Something I'm going to do to look after myself today...	Something I'm going to do to look after someone else today...
---	---	---

Mmm **LUNCH TIME**

Something that makes me happy in my home...

♥♥♥ **BEFORE BED** zzzz. . . .

3 things I'm grateful for...	psst... sleep tight. see you tomorrow	Something I learned today...
------------------------------	---------------------------------------	------------------------------

Made by: Madeleine McGivern (Instagram: @adventuresofmum + Twitter: @madeleinejm) and Rosanna Cooper (Instagram: @drawitoutdaily + Twitter: @ArtTherapyToday)

COVID-19 CARE CARDS

doodle + write in me
daily + **SHARE ME**
with others ♥

hey you! **GOOD MORNING** dear human! with others ♥

Something I'm looking forward to today...	Something I'm going to do to look after myself today...	Something I'm going to do to look after someone else today...
---	---	---

Mmm **LUNCH TIME**

Something that makes me happy in my home...

♥♥♥ **BEFORE BED** zzzz. . . .

3 things I'm grateful for...	psst... sleep tight. see you tomorrow	Something I learned today...
------------------------------	---------------------------------------	------------------------------

Made by: Madeleine McGivern (Instagram: @adventuresofmum + Twitter: @madeleinejm) and Rosanna Cooper (Instagram: @drawitoutdaily + Twitter: @ArtTherapyToday)