



Self-Care

Self-care is all about promoting positive and healthy ideals about yourself. When you take time to take care of yourself, you remind yourself that you're important. It also teaches others how to treat you. We focus this day on tips to produce positive feelings, boost self-confidence and build self-esteem.



Art of Discovery

Ever wanted to learn to draw? Discover your hidden talent by following this [amazing art tutorial](#) by Camp Happy Counselor Jayson Clarke.



Self-Esteem Activity Sheet

The choices we make in life, no matter how big or how small they seem, are most often influenced by self-esteem, which is how we feel about ourselves. Check in on the most beautiful things about yourself by helping ["The Happy Camper's Personal Flower" grow](#). You have to fill in the blanks to make it flourish!



Yoga & Walking Tips

Exercise has so many benefits including reducing the chances of heart diseases, increasing your energy, and improving sleep, mental health and mood. Exercise can also be fun. Even more, you don't need any equipment or gym membership to get a great work out. Check out these awesome tips from Camp Happy Counselor Carly Baker on [this exciting video](#).



Healthy Lunch

Eating a healthy lunch is good for kids because it promotes a overall healthy lifestyle and increases your chances of not having chronic health problems like high blood pressure and heart disease in the future. Wanna see a favorite lunch for one of Camp Happy Counselors? Check out one of We Canceve Founder [Grace Callwood's favorite meals here](#).



Journal Entry

Write all about which activity was the most relaxing, anything that's been on your mind lately, and which exercise was the most challenging.

