Being kind to ourselves and others

We can be nice to ourselves by doing something we love!
- crafts
- Wii, iPad, phone
- spending time with family
- working

- dancing
- girl time
- making cupcakes
- working out

WOW!

Here are some ideas you had to show someone you care:
- bring them breakfast in bed
- sing & dance
- tell a joke
- give them a drawing
- clean up after dinner
- make mom coffee :)
- make a card
HAPPY VALENTINE'S DAY!

Here are some fun how-to drawing videos if you want to make a card for someone special to you!

How to Draw a Valentine's Monster
How to Draw a Valentine's Pizza
How to Draw Valentine's Baby Yoda

Visual notes from the Massachusetts Down Syndrome Congress teen & adult February Wellness Series (2021)