## 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



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)