## LET'S TALK ABOUT CARING FOR OURSELVES SCAVENGER HUNT

Let's talk about caring for ourselves! Together, search for the items below with your little one and use words to describe them. Talking about the things we see builds children's vocabularies and their brains! Share photos of your scavenger hunt using **#LetsTalkTogether**.



On the other side, draw a picture of your favorite way to care for yourself!

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