

Name: _____

Date: _____

Self-Care Now, You No

T J Y U R Q O I S E X P B R X J N C W K W J A I
W Q A S X I J W Q K G F F W R P D T A I N K V D
Q S L P M A U S A N I T A R Y K I G T E H A X L
V Q A B G N S L E E P S V R N D T O X M G G X A
D O O X S S L C N D W R T O H P Y E C I B L W D
S A P T U S Q D E J P E B N W O R D N G P T P N
U R F N S I J O F W M N S R W C X A S T S Q X O
A W F B H Z R G S U Q I A V I D P E E Y U G S I
Y T R I F D G H O B Y L G S Z W A P L F G O C T
F M H R O K A W K J E Y E W C J D U F M N I G I
K O C R A M S M L B N T Y P K Y S T L L O G T R
U H A L P I E B A Q E N S Z P B Q E O O I L P T
X N I O E C B T G W I A N V P P N R V C T F V U
T B O F V A H O V D G P V X T F D U E C O H J N
I R A Y M D N V N Q Y G Z Y I O Q S L F L O J W
F G O T A W B C A S H H Z B I V U R N P S U K B
H S H I E T V U L W O S Q R V Z R S S R Q D T K
E T L X Y R Q F O O X P E I E G D E L W O N K K
Q Y R Y C N I M A V T P L B C Q X T C Q C O G G
B F J Q I K X A Y P A H V X B L R L W P E C U V
R K C K V L D T T N H R E A M E N S T R U A L U
Y Y S B H T L A E H S X I S H D Y T N O S N Y Z
F L D O P A E S L S N I Z E V V N I S L J T R C
P C Q M C I T C E P S E R F S Z T U Z K V F K C

respect
nutrition
sleep
bath daily
menstrual
uterus
pads

cervix
soap
clean clothes
sanitary
bateria
health

self-love
skin
shampoo
pantyliners
ovaries
vagina

lotion
exercise
deodorant
knowledge
hygiene
period