

Name: _____

Date: _____

Self Care

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

Socks and shoes
Healthy food
Smell Nice
Cut Nails
Shower
Soap

Take Medication
Ask for help
Blow Nose
Wash Hair
Sleep
Ears

Getting Dressed
Brush Teeth
Wash Face
Hygiene
Shave

Clean clothes
Brush Hair
Deodorant
Casual
Smart