

COVID-19 CARE CARDS



doodle + write in me
daily + **SHARE ME**
with others ♥

hey you!



GOOD MORNING dear human!



with others ♥

Something I'm looking forward to today...

Something I'm going to do to look after myself today...

Something I'm going to do to look after someone else today...



Mmm

LUNCH TIME



Something that makes me happy in my home...



BEFORE BED zzzz

3 things I'm grateful for...

psst...
sleep tight.
see you tomorrow

Something I learned today...

Made by: Madeleine McGivern (Instagram: @adventuresofmum + Twitter: @madeleinejm) and Rosanna Cooper (Instagram: @drawitoutdaily + Twitter: @ArtTherapyToday)

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