



# COZY Self-Care

**Welcome to a Summer of Self-care!** You might be asking yourself, “**What does self-care mean?**” Self-care is when we take an active role in caring for our well-being and happiness.

Sometimes **self-care** can be taking some time to **ourselves** or maybe spending more time with **loved ones**. This week I recommend giving this a try by **building a fort**, getting cozy inside, and enjoying with a **good book** while staying protected from the **Big Freeze**.

## Build a Fort

Tips: You can make a fort out of some **blankets and chairs**.  
OR out of cardboard.  
OR by setting up a tent inside.

## Get Cozy

Put on your favorite and comfiest PJs. **Fill your fort** with pillows, blankets, and stuffed animals.

## Enjoy with a Good Book

Grab your **favorite book!** Read **out loud** to yourself or to a loved one. Or **check out** <https://www.storylineonline.net/library/> for some great books read to you! My favorite is Chester's Way.



*Join us from home!*

Follow along with us this summer on social media! @victoryjunction



Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome





# VICTORY JUNCTION

## @Home! =

Finished? We want to see it! Share your fort with us  
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