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.
Finished? We want to see it! Share your fort with us @victoryjunction or by using the hashtag #VJatHome