

I WILL★  
PRAISE  
HIM FOR  
I AM★  
FEARFULLY  
AND ★  
WONDERFULLY  
MADE.

FROM  
PSALM 139:14



Name: \_\_\_\_\_

# Psalm 139:14

## Fill in the Blank

wonderful    know    because  
made    self    praise    works

I \_\_\_\_\_ you,  
\_\_\_\_\_ I am  
wonderfully \_\_\_\_\_;  
\_\_\_\_\_ are  
your \_\_\_\_\_!  
My very \_\_\_\_\_  
you \_\_\_\_\_.



# Be Good to Yourself

## Daily Self Care List

**Do one thing you enjoy**

Watch guilty pleasure tv, take a walk, dance, sing.

**Listen to music**

Music is a proven mood elevator.



**Make something**

Draw, cook, write, do a craft with your kids.

**Connect with others**

Phone or video calls have never been easier. Stay in touch.

**Plan something**

Make plans for something you can look forward to in the future.

**Get some exercise**

Walk around the block, do free yoga on Youtube, or even dance!

**Self care if possible**

Paint your nails, wash your hair, take a bubble bath.

**Read something positive**

When the news is too much, switch to something fun and upbeat.

**Find 10 minutes of quiet time**

Even if it's just escaping to the shower, try and find some alone time.

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

**FIND THE UNDERLINED WORDS**

You have searched me and  
known me. You know when I  
sit down and when I stand up;  
You understand my thoughts  
from far away. You observe my  
travels and my rest; You are  
aware of all my ways.

Psalm 139:1-3 HCSB ©

