# PUTTING ICARE INTO *Action*

## *Scenario 1:*

### DOING HOMEWORK

(AFTER SCHOOL HOURS)

I

C

A

R

E

## *Scenario 2:*

### GETTING DRESSED

(IN THE MORNING)

I

C

A

R

E

## *Scenario 3:*

### CLEARING THE TABLE

(AFTER A MEAL)

I

C

A

R

E

## *Scenario 4:*

### GOING FOR A BIKE RIDE

(ON THE SIDEWALK)

I

C

A

R

E

© 2020 Copyright Vanessa Callaghan • Raising Our Resilience • raisingourresilience@gmail.com