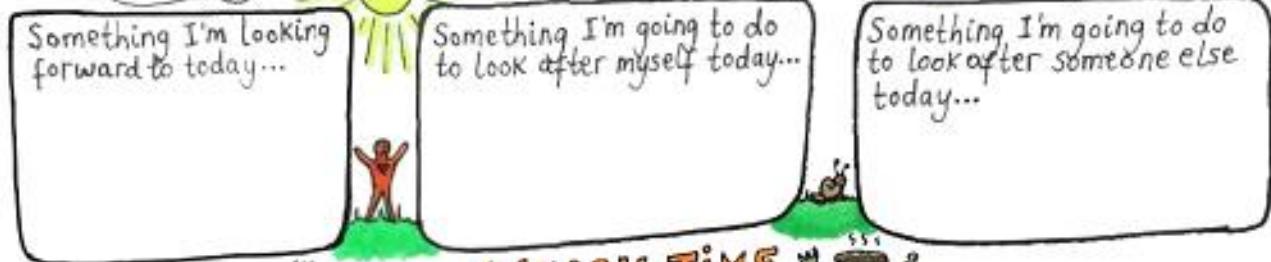


# COVID-19 CARE CARDS

• doodle + write in me  
• daily + **SHARE ME** with others ❤



LUNCH TIME

Something that makes me happy in my home...

BEFORE BED zzz..

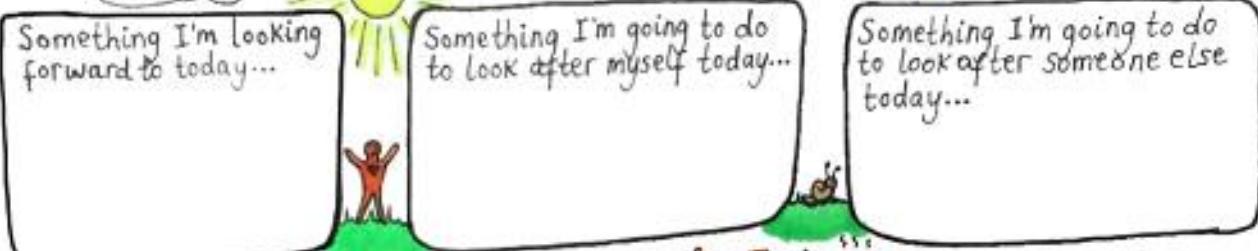
3 things I'm grateful for...  
Something I learned today...

pssst...  
sleep  
tight.  
see you  
tomorrow

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

# COVID-19 CARE CARDS

• doodle + write in me  
• daily + **SHARE ME** with others ❤



LUNCH TIME

Something that makes me happy in my home...

BEFORE BED zzz..

3 things I'm grateful for...  
Something I learned today...

pssst...  
sleep  
tight.  
see you  
tomorrow

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