



# AT-HOME CAMP CANVAS

## BUILD YOUR OWN SELF-CARE SKATEBOARD SHIELD

Our Skateboard Shields can help us think through how we can be successful in everything we do on AND off of our skateboards. We use our Skate Shields to think about the ways that we can take care of ourselves while working on things like teaching ourselves a new trick or finding the confidence to skateboard with other skateboarders.

### HERE'S HOW WE MAKE OUR OWN SELF-CARE SKATEBOARD SHIELD

Start a drawing and make sure that it has one large empty space.

Split the empty space into four sections and write these phrases at the top of the sections.

#### 1. THINGS I CAN DO TO TAKE CARE OF MYSELF BEFORE I SKATE

(These are some things we do to get ready to skateboard like stretching, drinking water, or eating a snack.)

#### 2. THINGS I CAN DO TO TAKE CARE OF MYSELF WHEN I'M FEELING DOWN, UPSET, ANGRY, OR FRUSTRATED

(It can be helpful to think about how we handle our emotions. Emotions are not bad! They can help motivate us to do things but can become overwhelming if we don't know how to manage them.)

#### 3. THINGS I LIKE ABOUT MYSELF

(It's good to write down why we are awesome so we can remember it when we don't FEEL that way.)

#### 4. PEOPLE I CAN TALK TO IF I'M FEELING DOWN

(It is important to remember that we have people in our lives that we can talk to about things when we're feeling down. Talking about how we feel can help us organize our thoughts and manage our emotions.)

Once you've written those topics in to your four sections you can fill out each section with your own answers. After you've got answers in each section you can decorate or color the rest of your new Skate Shield then use it throughout Skate Camp to help work on all your new skills and tricks!



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**THINGS I CAN DO TO  
TAKE CARE OF MYSELF  
BEFORE I SKATE**

**THINGS I CAN DO TO  
TAKE CARE OF MYSELF  
WHEN I'M FEELING DOWN,  
UPSET, ANGRY, OR FRUSTRATED**

**THINGS I LIKE  
ABOUT MYSELF**

**PEOPLE I CAN TALK TO  
IF I'M FEELING DOWN**

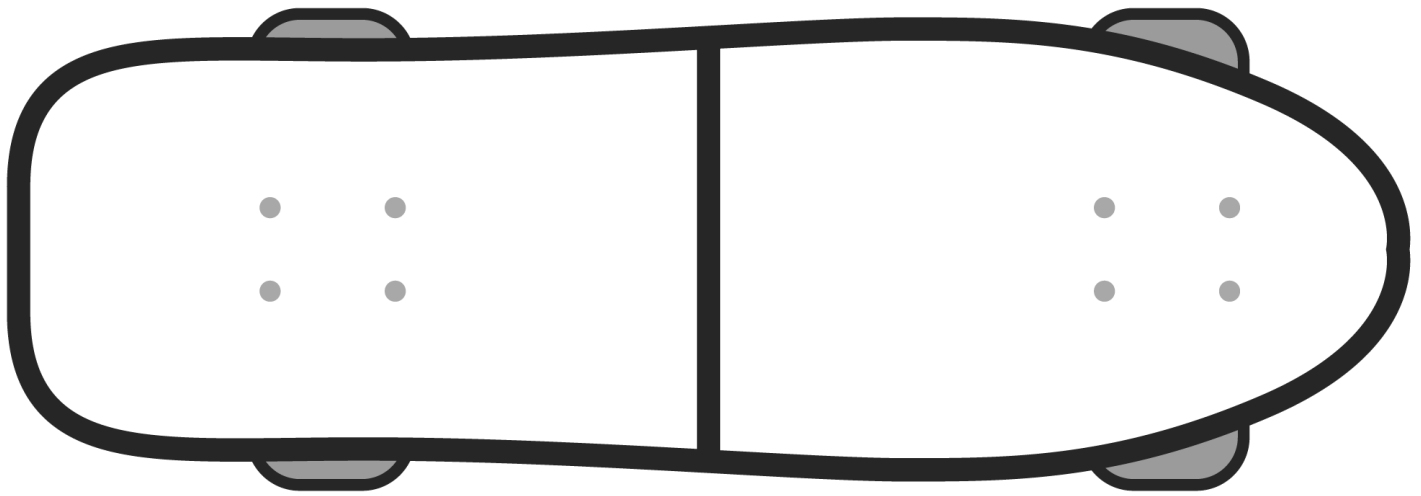


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