

Activity Sheet - 5J: EMOTIONAL WELL-BEING

Name _____ Date _____

As a powerful martial artist, you must practice emotional self-care so that you can help others. You may have heard the phrase, "You can't pour from an empty cup." When your life is full of positivity, happiness, and joy, then you can share that with others. So, what's in your cup? Draw or write to show all the things that fill your cup.

