

# BROWN MIDDLE SCHOOL PARENT SELF CARE ROOM

CLICK ON PICTURE/QUOTES  
TO VIEW VIDEOS

take care of  
YOURSELF  
first



THE DRYGON TEACHER

create  
healthy  
habits.



Love  
the person  
you've worked  
to become.

Everything you need,  
your courage, strength,  
compassion and love;  
everything you need is  
already within you.



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