



# LOVE LESSONS

A 21 WEEK JOURNEY OF PRACTICING SELF- CARE WITH YOUR CHILD

ADDITIONAL ACTIVITY PAGES

Sunday

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Monday

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Tuesday

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Wednesday

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## Mommy's List

Get out some colored pencils, crayons, ink pens or markers. You are going to celebrate yourself this week!

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Saturday

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Sunday

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Monday

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Tuesday

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Wednesday

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My List

Get out some colored pencils,  
crayons, ink pens or  
markers. You are going to  
celebrate yourself this week!

Thursday

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# Have a Tea Party!



Our Special Date will be on: \_\_\_\_\_

Let's plan our date!

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Things we will need for our date

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Sunday

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Monday

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For this challenge, choose a day and choose your outfit. It doesn't have to be fancy. It can be your favorite pair of jeans, or your favorite leggings with your favorite sports bra/tank combo just as easily as it can be your favorite dress. Allow yourself a few extra minutes to get ready. Pay attention to how you feel.

## Look Good Feel Good Checklist

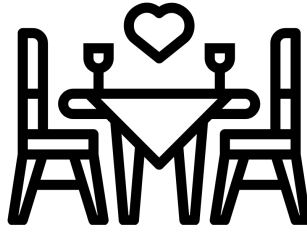
### My List

- ☐ Confident
- ☐ Beautiful
- ☐ Strong
- ☐ Special
- ☐ Comfortable

### Mommy's List

- ☐ Confident
- ☐ Beautiful
- ☐ Strong
- ☐ Special
- ☐ Comfortable

Make sure to talk to your child about why the chosen outfit makes them feel good or special!



# These are a Few People Who Inspire Us

[illegible]

## Activities we can do together

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Have a Dance Party!

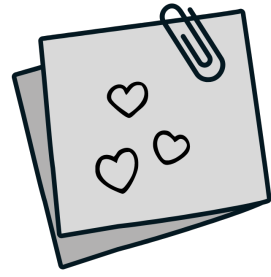


These are a few of our favorite songs ( List artist and song below )

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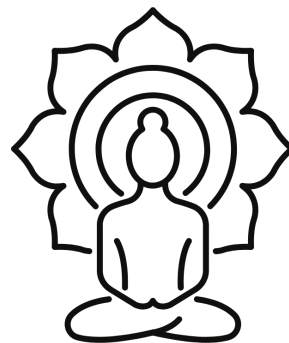
# Mommy's compliments

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



# Have a Selflove Party!



Our Special Date will be on: \_\_\_\_\_

Let's plan our date!

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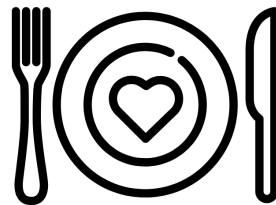
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Things we will need for our date

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_____	_____	_____

# Have a Dinner Party!



Our Special Date will be on: \_\_\_\_\_

Let's plan our date!

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Things we will need for our date

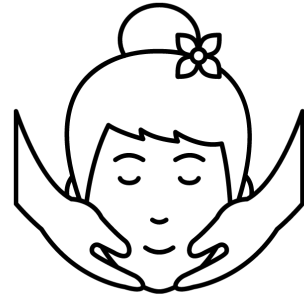
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## Mommy's quotes

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[illegible]

# Ways We Pamper Our Skin!



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Let's plan our date!

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Things we will need for our date

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# I Am Proud Because...



Mommy's reasons to celebrate:

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# I Am Proud Because...



My reasons to celebrate:

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Mommy's favorite gifts to receive

[illegible]

My favorite gifts to receive



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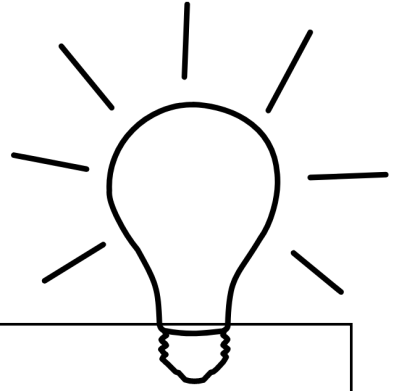
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## Things We Want to Make!

[illegible]

"you are beautiful, and I love you."

[illegible]

Write your name and repeat the quote.  
Then write a special note to yourself.

"You are beautiful, and I love you."

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# Let's get cozy!



Our Special Date will be on: \_\_\_\_\_

Let's plan our date!

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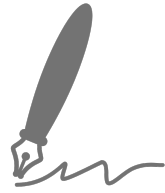
Things we will need for our date

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_____	_____	_____
_____	_____	_____



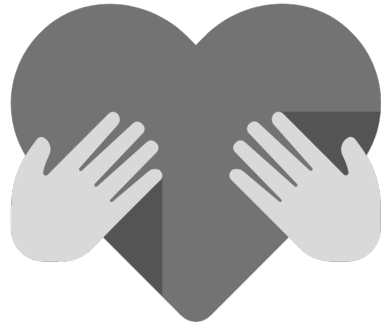
Dear \_\_\_\_\_ ,





Dear \_\_\_\_\_ ,

# Let's give back!



Places We Want to Volunteer

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Things We Can Donate

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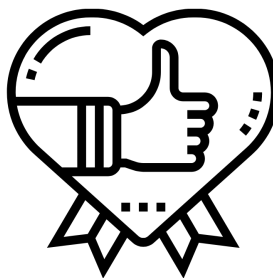
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Sunday

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## Mommy's gratitude list

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Saturday

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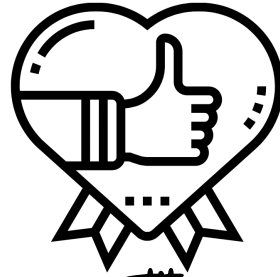
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Sunday

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My gratitude list

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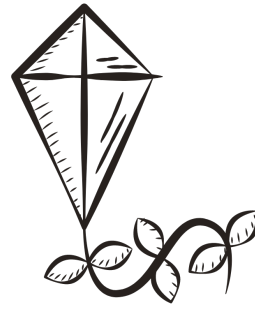
Saturday

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# Let's have some fun!



Our Special Date will be on: \_\_\_\_\_

Let's plan our date!

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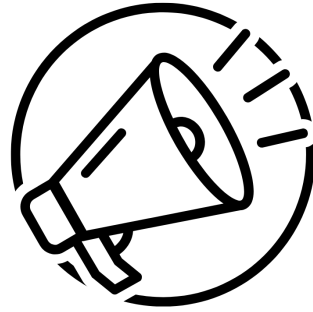
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Things we will need for our date

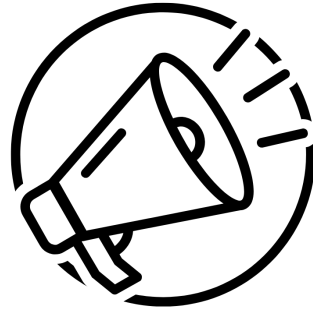
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#### INSTAGRAM

Get inspired  
Share a laugh  
Let's learn more about each other!

Thank you for investing in  
yourself and your family!

My husband and I sold our house in August 2020 and left our corporate jobs to travel around and spend more time together as a family. We vowed to use this time off to explore new interests and opportunities. Join us on our crazy journey of learning and discovering and plenty of trial and error!



You can find me here:

[www.AlliTeague.com](http://www.AlliTeague.com)

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Let's be Facebook friends! Send me a request today!  
I'd also love to have you join the group that inspired this book:  
**Challenge Your Habitude**

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