

# Sketch-o-rama Cards

shelter (that is safe, clean and warm)	stimulation and attention (being talked to, interacted with, noticed, and hugged)
food (that is nutritious)	sleep and rest
education	exercise and fresh air
clothing (that is appropriate for the weather)	protection from harm
good hygiene (care for the body and hair)	medical care
supervision (especially around dangerous activities)	dental care
guidance and discipline	