



Share a card
forward: (Use a card from
your toolkit.)

Care in one word
is...

How can you exchange care?

Who supports your caregiving?

Now, let's think about your
community:

Care can also sometimes can be
seen as something gendered...

Server	becomes
Therapist	becomes
Teacher	becomes
Nanny	becomes
Nurse	becomes

Activity: Flip a professional care role to your everyday
version.

Let's broaden our scope:

Let's learn more about what care
means to you:

1. Some acts of care that I do are...

2. A daily ritual that sustains me includes (e.g., cooking,
etc.)...

3. Describe one care task you perform that might be seen
as invisible (emotional, digital, practical).

4. A self-care strategy I need to recharge is...

Hello! My name
is _____,
and I care for
family / friends /
self / _____!

(Circle/Fill all that apply and draw your answer down below.)

When people think of caregiving,
they often think about professions
such as a nurse or a nanny. But
caregivers can be...

- your parent
- your neighbor
- your sibling

ANYONE!

- your friend
- your teacher

your partner

yourself

Can you name someone else?
(Write their name somewhere on this page.)

Share a tip for another caregiver.
(Scan QR code.)



Spaces of Care: A Tool-Kit Guide

