

Self-Care

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Self-care is very important when our routines have changed so much!

On the next page, I have provided a self-care bingo game for you to try! You can even involve your whole family. All of the activities can help your body and mind feel better.

When you get a bingo, do something fun to celebrate!

Have fun!!

Self-Care



B

I

N

G

O

Take
a
nap

Eat a
healthy
snack



Go for
a walk

Make some
art

Text a
friend



Exercise
for 30
minutes

Watch
your
favorite
show

Play a game
with
someone

Drink a
glass of
water



Write a
letter to
someone

Go to bed
early



Give
someone
a hug

**FREE
SPACE**

Think 3
positive
thoughts

Cook or
bake
something



Have a
dance
party



Ask for
help

Use a
stress
ball

Find
something
beautiful
to look at

Take
a
break

Write in
a journal



Practice
deep
breathing

Help a
family
member
with a task

Listen to
music



Read for
20
minutes