Self-Care

Self-care is taking care of our bodies and minds so we can be and do our best!

On the next page, there is 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

BINGO

B	I	N	G	O
Take a nap	Eat a healthy snack 🍎	🌷 Go outside	Make some art 🎨	Play with Play-dough
Exercise for 20 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
Draw a picture	Practice deep breathing	Help a family member with a task	Listen to music 🎵	Read for 20 minutes