SELF CARE BINGO

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| Look in the mirror and tell myself something kind and positive | Eat a healthy snack | Go for a 30-minute walk  (with parent permission) | Wash my face | Decide on a reasonable bedtime, and stick to it  for at least one night |
| Make myself a cup of tea or hot cocoa, savor the warmth and flavor | Catch up on homework | Tell someone how thankful I am for them | Let go of something that is no longer serving me  (can be physical or emotional) | Stretch for 10 minutes |
| Sit in a comfortable place and take 5 slow, deep breaths | Make my bed. Fresh sheets! | **FREE SPACE!**  Do literally nothing | Drink 8 full glasses of water in a day | Build, craft, or create something without caring if it looks “good” |
| Listen to my favorite song. Repeat. | Have a good cry (or at least notice and accept the icky feelings) | Play with toys (slime, puzzles, Legos, bubbles, fidgets, etc.) | Perform a random act of kindness for someone | Do a helpful household chore without being asked |
| Enjoy a relaxing shower or bath | Watch a video/movie, or look at pictures/memes that make me smile | Clean my room | Set 3 min timer & focus ONLY on the present moment  (what do I see/hear/feel?) | Forgive myself for what I could not do today, and try again tomorrow |