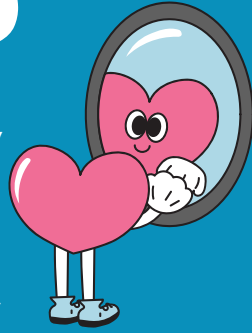


Self Care Bingo

HOW TO USE THE BINGO CARD:

EXPLORE AND HAVE FUN: ENCOURAGE YOUR CHILD TO MARK OFF EACH ACTIVITY AS THEY COMPLETE IT. THIS MAKES SELF-CARE ENGAGING AND SETS ACHIEVABLE GOALS.

CELEBRATE ACHIEVEMENTS: ONCE A ROW, COLUMN, OR DIAGONAL IS COMPLETE, CELEBRATE THE ACHIEVEMENT! PERHAPS REWARD THEM WITH AN EXTRA BEDTIME STORY OR A SPECIAL FAMILY ACTIVITY.



Draw a picture	Read a book for 20 minutes	Try a new hobby	Dance to your favourite song	Take a mindful moment
Write down three things you're thankful for	Spend time outside	Drink a glass of water	Organise your toys	Call or talk to a family member
Try deep breathing for 5 minutes	FREE SPACE	Create a craft	Sing a song out loud	Feed or play with a pet
Watch a funny movie	Eat a healthy snack	Get some early morning sunlight	Practice a relaxation technique	Listen to calming music
Stretch your body	Take a nap or rest	Go on a nature walk	Tell someone a joke	Practice positive affirmations