

Self-Care Bingo

Before we can take care of anyone or anything else, we need to take care of ourselves and connect with the true Self within us.

The aim of self-care bingo is to practice different ways that we take care of ourselves. This is a great activity to do as a family or on your own. Make a game out of it to see who can get five in a row by the end of the day try a black out challenge to see if you can try out all of the activities over the course of a day or a week. There is also a blank sheet that you can use to include all the ways you take care of yourself.

Enjoy!

Self-Care Bingo



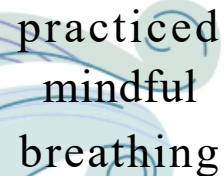
got
creative




listened
to my
body



said
affirmations



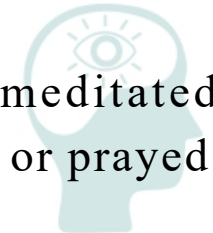
practiced
mindful
breathing



took a
break



practiced
gratitude



meditated
or prayed



got
enough
sleep



exercised



danced or
listened
to music



had a
vegetable



went
outside



gave myself
a
compliment




did
something
fun



drank
some
water




sat with
my
feelings



brushed
my
teeth



talked
to a
friend



practiced
yoga



asked
for help



ate
some
fruit



let myself
cry



moved my
body



tried
something
new

Self-Care Bingo



talked
to a
friend

drank
some
water

listened
to my
body



danced or
listened
to music

gave myself
a
compliment

did
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tried
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let myself
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practiced
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teeth

moved my
body

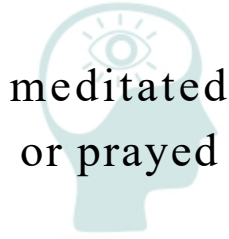
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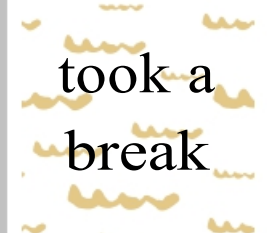
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Self-Care Bingo

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Self-Care Bingo

Ahimsa Mobile Decorations

- Print out decorations
- Color in the ones you want to use
- Fold paper length-wise, in between the decorations
- Cut out the decorations, leaving a folded edge
- With glue stick, glue one of the back sides
- Place yarn or string down center
- Fold other side over it
- Tie decorations onto your frame
- For further instructions, see last week's "Craft: Ahimsa Mobile"



