

# Self-Care Bingo

Had fun doing some exercise	 Went outside	 Ate a healthy snack	Brushed my teeth every day	Put on some nice clothes
 Ate healthy food	Tried something new	Was helpful to someone	 Drank water everyday	 Talked to a friend
Thought about how my body feels	Was kind to someone	 Had a wash	Took a break	Said three things I am grateful for
Thought about how I feel	Played a game	 Ate a piece of fruit	? Asked for help	Did a good deed
Gave myself a pat on the back	Did something fun	 Did a hobby	Did some breathing exercises	Had a good laugh