# Care BINGO

| | | | | |
|---|---|---|---|---|
| Use a sensory tool | Arts and Crafts | Go outside | Take a deep breath | Read |
| Eat fruits and vegetables | Try something new | Share your feelings | Ask for help | Take a break |
| Think about happy memories | Use the power of "Yet" | **FREE** | Body squeezes | Listen to music |
| Movement Break | Talk to a friend | Play with a pet | Let yourself cry | Say kind words to self |
| Imagine your happy place | Dance | Start a hobby or project | Write in a journal | Get enough sleep |



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| Go outside | Write in a journal | Read | Dance | Take a break |
| Movement Break | Body squeezes | **FREE** | Listen to music | Arts and Crafts |
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