

Self-Care Bingo- 7A

go for a walk around the ward	Create something	Go to art	Take medication	Pray
Exercise	Watch a show	Spend time with friend(s)	Deep breathing for 1 min	Take a bath/shower
Watch a movie	go to medical appointments	FREE	Eat your favorite snack	Go to individual therapy
Listen to music	Use the relaxation room	Play a game	Go to group	Read a book
Go to computer	Enjoy nature (outdoor)	Spend time with peers	use coping skill to reduce stress	Get your hair done

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go to medical appointments	Deep breathing for 1 min	Take medication	Exercise	Spend time with friend(s)
Go to art	use coping skill to reduce stress	Pray	Enjoy nature (outdoor)	Take a bath/shower
Listen to music	Eat your favorite snack	FREE	Go to individual therapy	Create something
Go to group	Spend time with peers	go for a walk around the ward	Get your hair done	Use the relaxation room
Play a game	Read a book	Watch a movie	Watch a show	Go to computer

Self-Care Bingo- 7A

Enjoy nature (outdoor)	Spend time with peers	Deep breathing for 1 min	Read a book	Eat your favorite snack
go for a walk around the ward	Listen to music	Play a game	Watch a show	Pray
Watch a movie	Get your hair done	FREE	Use the relaxation room	Go to group
go to medical appointments	Take a bath/shower	Take medication	use coping skill to reduce stress	Go to art
Go to individual therapy	Create something	Spend time with friend(s)	Exercise	Go to computer