

Self Care Bingo

smile at 10 people	Go run outside	Think about happy memories	name three things your good at	free space
Take a time out	say good morning to 10 people	give 5 people a high five	Play a game	list 4 things you like about yourself
say good afternoon to 10 people	tell 3 jokes	FREE	Read	draw a happy picture
find 5 things that are blue	play with 2 new people	free space	Use positive self-talk	give 5 people a complement
Try something new	Start a hobby or project	give 5 teachers a hug	think of 3 things you like to do	Talk to a friend

Self Care Bingo

tell 3 jokes	Play a game	name three things your good at	Take a time out	give 5 people a high five
Think about happy memories	think of 3 things you like to do	free space	Start a hobby or project	list 4 things you like about yourself
find 5 things that are blue	Read	FREE	draw a happy picture	Go run outside
Use positive self-talk	give 5 teachers a hug	smile at 10 people	Talk to a friend	play with 2 new people
free space	give 5 people a complement	say good afternoon to 10 people	say good morning to 10 people	Try something new

Self Care Bingo

Start a hobby or project	give 5 teachers a hug	Play a game	give 5 people a complement	Read
smile at 10 people	find 5 things that are blue	free space	say good morning to 10 people	free space
say good afternoon to 10 people	Talk to a friend	FREE	play with 2 new people	Use positive self-talk
tell 3 jokes	list 4 things you like about yourself	name three things your good at	think of 3 things you like to do	Think about happy memories
draw a happy picture	Go run outside	give 5 people a high five	Take a time out	Try something new