

Self-Care Bingo

See how many boxes you can complete!

Write 5 things you are grateful for	Play a board game	Have a dance party	Hug your pet, stuffed animal, or parent	Call and talk to a friend
Give yourself a compliment	Try some yoga poses with <u>Cosmic Kids</u>	Listen to this <u>read aloud</u> for calm and relaxation	Find some items out in nature and create something from them	Go for a nature walk
Try chair sun salutation breathing (click <u>HERE</u>)	Bake something with a parent	YOU ARE AMAZING! BELIEVE IN YOURSELF! Say something kind to yourself I MATTER YOU GOT THIS!	Think of your favorite memory	Make an obstacle course and have fun!
Learn how to create your own journal (click <u>HERE</u>)	Draw a picture for someone and email or mail it to them	Try a virtual drawing class (click <u>HERE</u>)	Listen to some music that makes you feel happy or relaxed	Try this <u>square breathing</u> <u>video</u>
Watch a funny video	Try to do a body scan (click <u>HERE</u>)	Try some deep stretches with <u>Cosmic Kids</u>	Go outside and smell some flowers	Think of something positive you can tell yourself