

SELF-CARE BINGO



Instructions

What you need:

- Bingo cards
- Sentences with self care suggestions
- A box or a bag to keep all the sentences.
- Washable markers

How to play

- Hand out one card to each participant with a washable marker
- Facilitator will pull out a sentence from the box.
- Use each sentence to discuss different ways of self care
- When the sentence is called out and its on the participant's card, they need to cross it off
- The first player to get all the sentences on their card crossed off wins
- Have copies of the master list with self care ideas for participants to take home

