

SELF-CARE BINGO



Healthy Start

Get
together
with a
friend

Write things I
like about
myself

Move my body
(workout,
dance, stretch,
walk)

Paint/
colour
or draw

Call
someone
to chat on
the phone

Take a nice
shower or
bath

Make a
project
or craft

Give a
hug to
someone
I love

Spend
time in
nature



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SELF-CARE BINGO



Let go of a worry	Do something new	Ask for help
Take 10 deep breaths	Paint/colour or draw	Drink more water
Donate unused belongings	Spend time in nature	See a positive side of a situation



SELF-CARE BINGO



Healthy Start

Let go of a worry	Attend a Healthy Start group	Eat more fruits and veggies
Look at the stars and make a wish	Watch a funny movie	Make a project or craft
Tidy up an area of my room or a drawer	Plan my day or my week	Have a cup of tea



SELF-CARE BINGO



Healthy Start

Take a break from social media	See a positive side of a situation	Listen to some feel-good music
Read or listen to a book	Call someone to chat on the phone	Play a board game
Get together with a friend	Give a hug to someone I love	Take a nice shower or bath



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SELF-CARE BINGO



Say something nice to myself	Make my favourite meal	Get together with a friend
Make my bed	Try a new recipe	Journal everyday for a week
Have a cup of tea	Drink more water	Write one thing I am grateful for



SELF-CARE BINGO



Get together with a friend	Make my favourite meal	Watch the sunset or sunrise
Eat more fruits and veggies	Write one thing I am grateful for	Let go of a worry
Think about something nice, meditate or pray	Drink more water	Create a bedtime routine



SELF-CARE BINGO



Move my body (workout, dance, stretch, walk)	Write one thing I am grateful for	Create a bedtime routine
Tidy up an area of my room or a drawer	Take a nice shower or bath	Donate unused belongings
Make my favourite meal	Spend time in nature	Give myself time to rest



SELF-CARE BINGO



Healthy Start

Watch the sunset or sunrise	Watch a funny movie	Perform a random act of kindness
Listen to a TED Talk or Podcast	Make my bed	Create a bedtime routine
Take a break from social media	Take a nap	Tidy up an area of my room or a drawer



SELF-CARE BINGO



Forgive myself

Paint/
colour
or draw

Write one
thing I am
grateful for

Attend a
Healthy
Start
group

Create a
bedtime
routine

Listen to
some
feel-good
music

Make my
favourite
meal

Give
myself
time to
rest

Call
someone
to chat on
the phone



SELF-CARE BINGO



Tidy up an
area of my
room or a
drawer

Spend
time in
nature

Have a
cup of
tea

Think of a
favourite
memory

Take a
nap

Say
something
nice to
myself

Listen to a
TED Talk or
Podcast

Journal
everyday
for a week

Get
together
with a
friend



SELF-CARE BINGO



Move my body
(workout,
dance, stretch,
walk)

Perform a
random
act of
kindness

Plan my
day or my
week

Take a nice
shower or
bath

Journal
everyday
for a week

Smile

Take 10
deep
breaths

Go to bed
30
minutes
early

Make
my bed



SELF-CARE BINGO



Take 10
deep
breaths

Ask for
help

Go for a
walk

Take a
nap

Journal
everyday
for a week

Paint/
colour
or draw

Make my
favourite
meal

Create a
bedtime
routine

Play a
board
game



SELF-CARE BINGO



Let go of a worry	Donate unused belongings	Go to bed 30 minutes early
Make my favourite meal	Paint/colour or draw	Watch the sunset or sunrise
Spend time in nature	Give a hug to someone I love	Ask for help



SELF-CARE BINGO



Make a project or craft	Look at the stars and make a wish	Plan my day or my week
Think of a favourite memory	Make my favourite meal	Give a hug to someone I love
Watch a funny movie	Paint/colour or draw	Donate unused belongings



SELF-CARE BINGO



Drink more water	Get together with a friend	Accept my feelings
Think about something nice, meditate or pray	Let go of a worry	Tidy up an area of my room or a drawer
Watch the sunset or sunrise	Think of a favourite memory	Make my bed



SELF-CARE BINGO



Plan my day or my week	Play a board game	Say something nice to myself
Call someone to chat on the phone	Look at the stars and make a wish	Eat more fruits and veggies
Get together with a friend	Take a nap	Write things I like about myself



SELF-CARE BINGO



Look at the
stars and
make a wish

Write things I
like about
myself

Go for a
walk

Go to bed
30
minutes
early

Watch
the
sunset or
sunrise

Call
someone
to chat on
the phone

Forgive
myself

Eat more
fruits and
veggies

Move my body
(workout,
dance, stretch,
walk)



SELF-CARE BINGO



Make my favourite meal	Paint/colour or draw	Donate unused belongings
Listen to a TED Talk or Podcast	Think of a favourite memory	Forgive myself
Take a break from social media	Smile	Ask for help



SELF-CARE BINGO



Think of a favourite memory	Plan my day or my week	Give a hug to someone I love
Play a board game	Accept my feelings	Make my favourite meal
Attend a Healthy Start group	Do something new	Ask for help



SELF-CARE BINGO



Make my favourite meal	Move my body (workout, dance, stretch, walk)	Think of a favourite memory
Think about something nice, meditate or pray	Donate unused belongings	Listen to a TED Talk or Podcast
Play a board game	Tidy up an area of my room or a drawer	Do something new

