

Self-Care Bingo



Teach students the importance of self-care by playing a fun game of Self-Care Bingo. Included in this game are 7 different blank bingo boards and 60 self-care picture cards that students will glue onto their bingo boards. Students can then take their bingo board home to practice the strategies. (optional)-students who complete their bingo board or practice 5 in a row, can return their bingo board for a prize.

Directions:


- Print a bingo board for each student
- Print a copy of the bingo squares to be used as the calling cards. Cut them out and place them in a bowl (print onto cardstock and laminate for durability for longer use)
- Give each student a bingo board and copy of the bingo squares.
- Have students cut out 24 bingo squares to glue on their bingo board
- Adult will draw bingo squares from the bowl and if students have that example of self-care on their card, they will cover it up with a bingo marker (can use coins, beans, etc.)
- First person to get 5 in a row will call out BINGO!

Following the game, lead students in a discussion by asking these questions:

- 1) What is self-care? *Self-care are activities that someone does deliberately to improve their emotional, mental, and physical health.*
- 2) Why is it important? *Self-care has proven to lead to greater happiness, improved moods, and decreased stress and anxiety.*
- 3) What are some ways that you are practicing self-care? (have students provide examples from their bingo board or they can come up with other examples)
- 4) What are some examples of self-care that you would like to start practicing more often? (encourage students to set a monthly goal)


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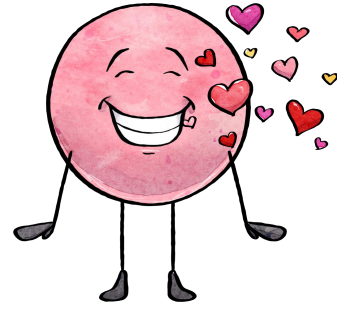
				



Socialize



Allow yourself to cry



Practice Self-Compassion



Take time to laugh



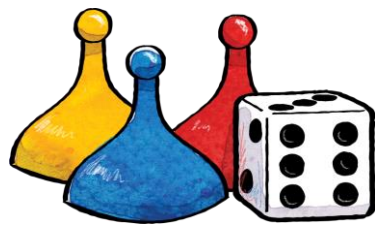
Write a love letter to yourself



Dance



Find hobby



Plan a family game night



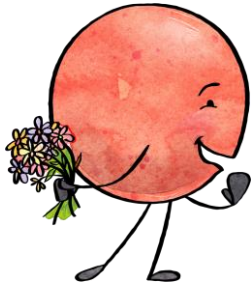
Watch a funny movie or play



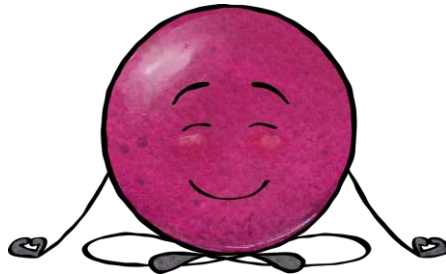
Wake up with a positive attitude



Hug a teddy bear



Give yourself a present



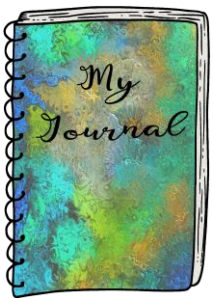
Meditate



Self-reflect



Read a self-help book



Write in a journal



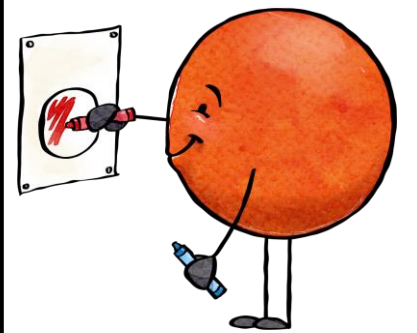
Do something creative



Relax in the sun



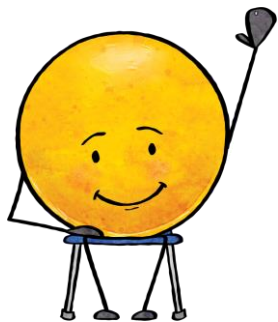
Plant a flower



Draw or paint



Engage your 5 senses



Ask for help



Think about your good qualities



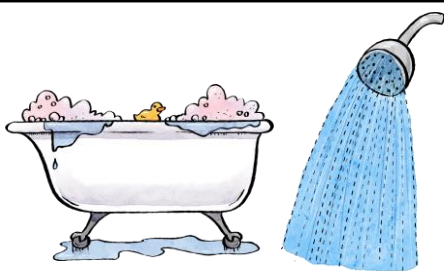
Do brain breaks



Get a good night's rest



Play a sport



Take a warm, relaxing shower or bath



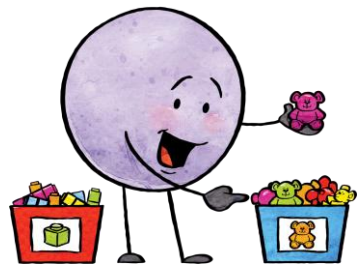
Eat a healthy breakfast



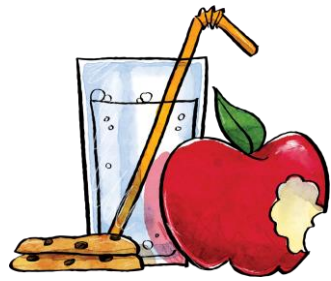
Take an afternoon nap



Brush your teeth at least twice a day



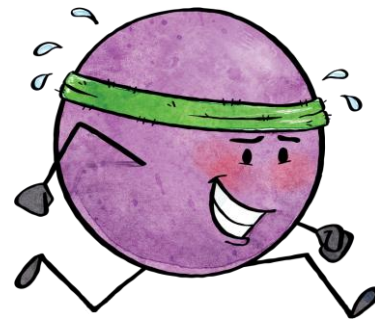
Clean or organize your room



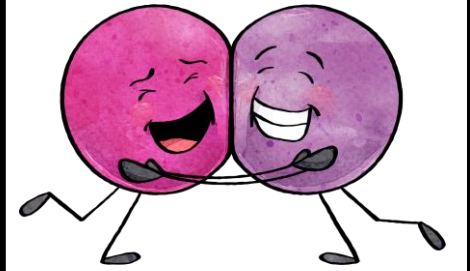
Eat a healthy snack



Wear sunscreen



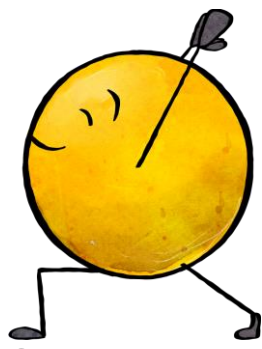
Exercise



Hug a friend or family member



Drink at least 64 ounces of water



Practice yoga



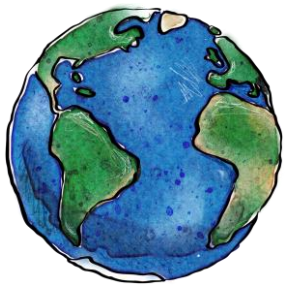
Support a cause



Spend time in nature



Plant a flower or tree



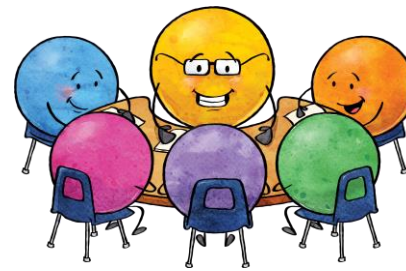
Explore the world



Celebrate a religious holiday



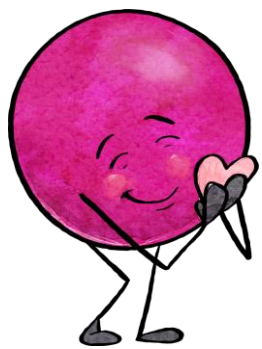
Listen to music



Participate in a support group



Watch the sunrise or sunset



Forgive yourself



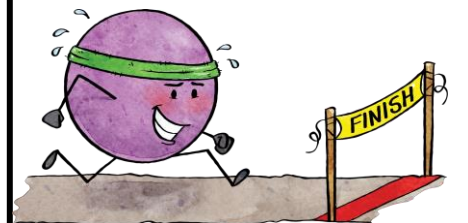
Volunteer for a cause



Engage in play



Write a story or poem



Set a goal for yourself



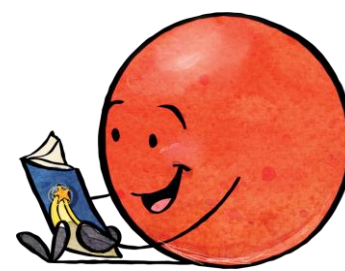
Go on a road trip with family or friends



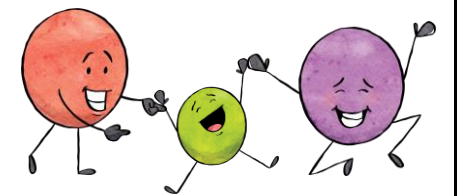
Do something you enjoy



Spend time alone



Read a book



MAKE UP YOUR OWN



Make a new friend



Wear your favorite outfit



Do something to pamper yourself



Prioritize



Find time to relax