

Self-Care

B I N G O

We can all use some relaxation. This activity can support the whole family to unplug and exercise self-care. Download and print this self-care bingo card and enjoy a day of fun or complete a couple of activities each month throughout the year.

INSTRUCTIONS:

Print two copies of the self-care bingo board. One board is to mark off and keep track of your activities. The other board will be used to cut up and pull activities at random. Set a goal. Pull one activity at a time until you achieve your goal. If you want to include the whole family, make it into a competition. Whoever reaches the goal first wins.

YOUR GOAL CAN BE TO:

- Do all activities in a single row or column
- Do all activities in all four corners
- Do all activities in a diagonal line
- Do all activities two diagonal lines through the middle (an “X”)
- Do all activities in all squares
- How many self-care activities can you do in a day, week or month?

WHOLE KIDS
FOUNDATION



Self-Care

B

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**ENJOY A
HEALTHY
SNACK**



**DANCE
BREAK**

**STRETCH
BREAK**



**TAKE
A WALK**

**VIDEO CHAT
A FRIEND**



**ENJOY
BREAKFAST
FOR DINNER**

**HUG A
LOVED
ONE**



TAKE A NAP

**MAKE A
CRAFT**



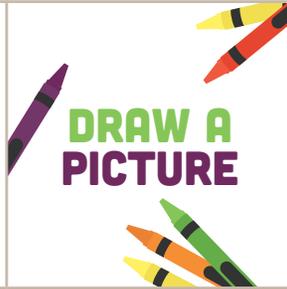
**RIDE
A BIKE**

**LISTEN
TO YOUR
FAVORITE
SONG**



**GET
OUTSIDE &
EXPLORE
NATURE**

**DRAW A
PICTURE**



**COMPLETE
A PUZZLE**



**TAKE
4
DEEP
BREATHS**



**WRITE
A STORY**

**LEARN
SOMETHING
NEW**



**READ A
BOOK**



**WEAR
PJS
ALL DAY**



**COMPLETE A
CHORE ON YOUR
TO DO LIST**



**PLAY
A BOARD
GAME
WITH YOUR
FAMILY**



**WATCH
A MOVIE**

**TELL SOMEONE
A JOKE**

**HA
HA
HA**

**TAKE
3
DEEP
BREATHS**



**DO
10
JUMPING
JACKS**

