

# Self-Care Bingo

## RULES:

- First rule of self-care bingo...there are none!
- You have the power in deciding how you want to play
- You can start off by picking a line, shape or letter (i.e. horizontal, the letter 'X', a square) with activities that you'd like to complete either within a day or over the next week
- You can establish a prize that you get to treat yourself with once you have completed your goal line, letter or shape
- Get the whole family involved and create your own self-care bingo with the **Self-Care Bingo Blank Template**, and add and combine everyone's favourite self-care activities. There is nothing like a friendly competition to boost family morale!
- And most importantly...HAVE FUN! 😊

