


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! 😊

POINT OUT 5 THINGS YOU LOVE ABOUT YOURSELF	DECLUTTER ANY SPACE IN YOUR HOME OR WORK ENVIRONMENT	GO FOR A WALK	TAKE A NAP OR LAY DOWN SOMEWHERE	SPEND AT LEAST 15 MINUTES WRITING DOWN YOUR THOUGHTS
HAVE YOUR OWN PERSONAL DANCE PARTY	DRINK 6-8 GLASSES OF WATER	EAT YOUR FAVOURITE HEALTHY SNACK	LISTEN TO YOUR FAVOURITE SONG	ASK FOR HELP ON SOMETHING
START READING A BOOK	DO A 5 MINUTE MEDITATION EXERCISE		LAY IN BED AN EXTRA 10 MINUTES IN THE MORNING	WATCH YOUR FAVOURITE MOVIE OR TV SHOW
PLAN A DATE WITH YOUR PARTNER, A FRIEND OR FAMILY MEMBER	TRY OR START LOOKING INTO A NEW HOBBY	SAY NO TO SOMETHING AND SET A BOUNDARY	MAKE A LIST OF 5 THINGS YOU ARE GRATEFUL FOR	STRETCH YOUR BODY FOR AT LEAST 15 MINUTES
SOAK IN A WARM BATH	VENT TO A FRIEND, PARTNER OR FAMILY MEMBER	GO FOR A SOLO DRIVE	SHARE WITH SOMEONE WHAT YOU ARE PROUD OF YOURSELF	ATTEND OR SIGN UP FOR A WORKSHOP THAT GATEWAY OFFERS

