



Activity 6

Self-Care Bingo

Objective:

- Understand easy ways to practice self-care daily by making self-care a game.

Steps:

1. Print one *Self-Care Bingo Card* for each participant.
2. Walk the participants through different ways to use the card:
 - Post a printed copy on their refrigerator door to look at daily.
 - Keep a digital copy on their desktop to remind them daily about self-care.
 - Share the card with a loved one to keep each other accountable.



SELF-CARE ACTIVITIES

HANDOUT Activity 6

Self-Care Bingo Card

Took a shower	Got dressed	Caught up with someone	Processed my feelings	Was physically active for 30 minutes
3 minute breathing activity	Ate food produced by Mother Nature	Listened to what my body needed	Did something fun	Asked for help
Took a much-needed break	Drank water	 Free!	Took a break from screens	Treated myself
Thought about something I am grateful for	Got 8 hours of sleep	Tamed negative thoughts	Hugged someone or a pet	Quit a habit that is not for me
Took a mental health moment	Spent some time outside	Took my vitamins	Wrote in my journal	Was kind to myself