








# Self-care bingo

Drink lots of water	Enjoy time outside 	Create your own daily affirmations	Set aside some quiet time to relax	See someone that makes you happy	List three things you enjoyed about this week	Have a good night's sleep
Tidy your room	Have a bath	Try a new hobby	Make someone smile	 Listen to your favourite music	Watch your favourite film	Create a bucket list
 Read your favourite book	Have a dance around	Try meditation	Eat a nutritious meal	Focus on what you can control	Have a digital detox	 Say something nice to yourself in the mirror
Think what you are thankful for	 Try a new sport	Talk about your feelings with someone you trust	Practice calming breathing techniques	Dress up in your favourite outfit	Establish a morning routine	Spend time with friends
Have a treat night	Ask for help when you need it	Do stretches or yoga	 Go for a walk	Set yourself some realistic goals	Start a journal	 Celebrate your success - no matter how big or small