

HOLIDAY SELF-CARE BINGO

Print the bingo boards - chose your favourite one to play! As you go through your day and your week, mark off a square each time you complete one activity. BINGO! You win when you complete all squares. Make sure to have a prize for yourself – for an extra self-care treat!

<p>Write 3 things you are grateful for!</p> 	<p>Go outside to play!</p> 	<p>Give a hug or a cuddle!</p> 
<p>Call your friend for a chat!</p> 	<p>Do some drawing or colouring!</p> 	<p>Read a story in bed!</p> 
<p>Take a bubble bath or a warm shower</p> 	<p>Learn a new skill!</p> 	<p>Eat something healthy and yummy!</p> 

<p>Sing along to your favourite song!</p> 	<p>Watch a movie eating popcorn!</p> 	<p>Give someone a big hug!</p> 
<p>Play with your favourite toy!</p> 	<p>Bake your favourite treat (or buy one)!</p> 	<p>Go outside to play!</p> 
<p>Learn a new skill!</p> 	<p>Read a book or a magazine in bed!</p> 	<p>Write 3 things you are grateful for!</p> 