

# SELF CARE



**BINGO**

**BY GREAT MINDS TOGETHER**

[www.greatmindstogether.co.uk](http://www.greatmindstogether.co.uk)

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# SELF CARE BINGO

Can you complete all of these self care tasks to get a 'full house'?

Write in your journal

Stretch

Listen to your favourite music

Help someone

Have a warm bath/shower

Call a loved one

Go for a walk

Tidy your bedroom

Celebrate small achievements

Make a smoothie

Read a book

Do some crafting

Take a nap

Dance

Meditate

Do some yoga

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