

BUILDING BLOCKS OF SELF-Care

HUMAN BINGO

Pass out a SELf-Care Bingo board to each person, along with a pen.

Give a minute for everyone to read the sheet.

Have individuals write their names at the top of the sheet and then allow them to write their name in **one** of the boxes that is a self-care practice they regularly use.

Explain the objective of the game and the following parameters:

- Find a partner, greet each other and ask what listed activities they regularly use.
- Swap papers and write your name in **one box**.
- Try to acquire signatures to form 5 in a row horizontally, vertically, or diagonally, but each person may only sign your sheet once.
- If you get Bingo, shout out to the group and keep playing. One of the goals of this activity is to see how many members of the group can achieve Bingo.
- We'll take 5 -7 minutes to play Human Bingo.



Ask for clarifying questions to the directions, then let everyone begin.

Once time is up, invite participants to move back to their tables and look at their sheets to see who added their names to different boxes.

Ask staff to share by show of hands:

- I learned something new about a colleague.
- I share a similar interest/practice as a colleague.
- There was at least one activity that several colleagues could sign.

Close this activity by reminding everyone that in order to give students, colleagues, family, friends, and the world our best, we must practice SELf-care practices such as what are listed on this sheet.

SELF-CARE

Bingo



PRINTABLE

Connect
with
nature

Unplug for
the day

Make a
healthy
meal

Journal

Re-read a
nice note

Practice
gratitude

Do yoga

Watch a
movie

Wear
something
you love

Watch the
sun rise
or set

Make a
wish on
a star

Call a
friend



Give
someone
a hug

Sleep for
8 hours

Drink lots
of water

Practice a
hobby

Meditate

Listen to your
favorite song

Say no

Read for
pleasure

Hang out
with a friend

Take a
mid-day
nap

Make a
relaxing
playlist

Turn off
social media
for the day