SELF-CARE BINGO

DID A RANDOM ACT OF KINDNESS ANONYMOUSLY

You GOT this!

WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF

BOUGHT MYSELF FLOWERS, ICE CREAM OR A SMALL TREAT JUST BECAUSE

SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH

IGNORED ALL NEWS AND POLITICAL TALK FOR ___ DAYS

TURNED ON MUSIC AND DANCED FOR 20 MINUTES FOR EXERCISE

THOUGHT OF THREE POSITIVE THINGS ABOUT SOMEBODY I DON'T LIKE

TOLD THE TRUTH EVEN THOUGH IT WAS UNCOMFORTABLE

DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE

SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)

DONATE

GOT RID OF 3 ITEMS THAT I HAVEN'T USED IN A YEAR

FREE SPACE

SURVIVED

CAUGHT MYSELF BEING NEGATIVE AND REMINDED MYSELF OF 3 POSITIVE THINGS

CLEANED OUT OR Organized A MESSY DRAWER, CLOSET OR SMALL SPACE

PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED

GOOGLEd "MEDITATION" AND FOUND ONE THAT I LIKE

TRIED A NEW HOBBY

VOLUNTEERED

TRIED A NEW HEALTHY RECIPE OR A FRUIT I'VE NEVER Tasted.

WENT ON STRIKE FOR ONE DAY

SCHEDULED AN OUTING WITH SOMEONE I LOVE

LET GO OF A GRUDGE

WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO

WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.

TheCounselingTeacher.com
# Self-Care Bingo

- Tried a new hobby
- Paid attention to my water intake for an entire day to stay hydrated
- Watched an old black and white movie
- Went on strike for one day.
- Listed 3 mistakes/failures and one thing I learned from each.
- Completed a maze or puzzle
- Yelled into a pillow or in the woods
- Made a playlist of songs that make me happy
- Googled 4-7-8 breathing and tried it
- Put a post it note on my fridge with a positive message to myself.
- Wrote down 5 good things about myself
- Get a new board game and find somebody to play with you.
- Free Space
- Got out of bed
- Volunteered at a shelter, retirement home or other
- Wrote a priority list and scratched off three things I can let go
- Did something creative or artistic — made something just because
- Said no to something I don't have time for or that doesn't serve my health
- Tried progressive muscle relaxation
- Asked a librarian to suggest a book on a topic I like or found a self-help book or blog
- Sat in a dark room with a lit candle while reflecting on my blessings.
- Ignored all news and political talk for a day or week
- Had a guilt free treat (snack, nap, alone time, or a break)
- Went outside and counted all of the beautiful things I could find.
- Set a goal for a new healthy habit (fitness or nutrition goal)
- Scheduled an outing with someone I love

[TheCounselingTeacher.com]
SELF-CARE BINGO

Wrote a hand written thank you to someone
Made a playlist of songs that make me happy
Forgave someone because I deserve the peace
Wrote down ten things I am thankful for today.
Took a bubble bath, tried a face mask at home or booked a spa appointment

Organized a cluttered space at home or school
Changed a negative thought to a positive one
Gave my time, old clothing, or $ to charity
Tried a meditation
Turned up the radio and danced while doing a household chore

Planned & met up with a friend just because
Had a guilt free treat (snack, nap, alone time, or a break)
Free space
Woke up
Hi
Connected with someone I haven’t seen in a while

Tried a new exercise for my body and/or mind
Stopped a bad habit for ___ days
Googled belly breathing and tried it
Found something to do that made me belly laugh!
Took a hour break from technology & social media

Took a moment to notice what I can see, smell, taste, touch and hear
Read/listened to a self-help book, blog or podcast
Went outside and found three things I am thankful for in nature
Was extra kind to someone who wasn’t nice to me
Binge watched a series or binge read some books

TheCounselingTeacher.com