

# Self-Care BINGO

Create your own self-care activity not listed on here and describe what it is in detail.	Draw or upload a picture of your favorite cuddling pet or stuffed animal.	Listen to your favorite music and write down the titles of three songs.	Draw a heart for a family member and include a kind message. Upload the message or just submit the kind message.	Move your body for at least 10 minutes (stretch, yoga, dance, basketball) and describe in detail how it made you feel.
Take a day off from social media and draw or write at least 3 sentences of how it made you feel.	Read for 30 minutes just for FUN and upload a drawing or write a caption of what you read.	Water your garden, or plants.	Write down five positive words to describe yourself.	Participate in a mindfulness activity. Describe what you did and how it made you feel.
Play a board/card game. Write the name of the game, who you played with and who won.	Clean and organize your backpack and write or upload a drawing or picture of the "before" and "after."	Take a nap.	List 3 things that make you happy and explain why in detail.	Call/text a friend and ask about their 2 favorite Self-Care Bingo activities they completed. Write them down.
Write the names of 3 adults you feel comfortable talking to and your relationship with them.	Try out a new hobby and explain in at least three sentences, why you selected it.	Email any teacher from Brightwood to say, "hello" and send them your favorite quote. Write the name of the teacher and the quote.	Eat your favorite snack and describe the flavors, smells, colors, tastes and sounds of the snack.	Listen to piano or violin music and describe/draw a picture of what it made you think of or feel.
Watch a funny show or movie. Write down the title of the show and describe what it is about.	Describe 3 things or activities that make you feel better and why.	Take a bath.	Name your favorite movie, the number of times you've watched it and describe/draw your favorite scene.	Write down 3 things you are grateful for.