

SELF-CARE BINGO KIDS EDITION

<p>READ</p> 	<p>PLAY A GAME</p> 	<p>WATCH A MOVIE</p> 	<p>HUG SOMEONE</p> 	<p>Drink water</p> 
<p>BE KIND</p> 	<p>READ</p> 	<p>WRITE</p> 	<p>DANCE</p> 	<p>HAVE FAMILY TIME</p> 
<p>HAVE FUN</p> 	<p>TAKE A NAP</p> 	<p>FREE</p> 	<p>BUILD</p> 	<p>GO FOR A WALK</p> 
<p>LISTEN TO MUSIC</p> 	<p>DO A PUZZLE</p> 	<p>DO EXERCISE</p> 	<p>EAT HEALTHY</p> 	<p>HAVE A COOKIE</p> 
<p>DO NOTHING</p> 	<p>TAKE CARE OF YOUR PET</p> 	<p>TAKE A BRAIN BREAK</p> 	<p>ASK FOR HELP</p> 	<p>SING</p> 

SELF-CARE BINGO KIDS EDITION

Instructions

Cut out each item, place them in a bag and pull cards from the bag.

Or place a mark on each card as you announce it.

This way you keep track.