

SELF CARE BINGO



Try to complete 5 activities

Have virtual lunch or dinner with a friend	Listen to a podcast instead of watching a show	Complete 30 mins of exercise indoors 3 times a week	Sing your favourite song the whole way through
Talk to a person you trust about any bad feelings you have	Call a friend you have not spoken to in a while	Drink 5 cups of water a day for one full week	Call a friend you have not spoken to in a while
Take a shower & clean teeth	Paint or draw at least once a week	Take a social media break for full day	Cook your own meal once a day 3 times a week
Get dressed	Complete 30 mins of exercise outdoors 3 times a week	Take a mental health day	Keep a wellness diary 3 times a week
Learn a dance	Get 8 hours of sleep	Ask for help with activity	Help someone

Don't forget to reward yourself you have completed five activities

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<p>Have virtual lunch or dinner with a friend</p> 	<p>Listen to a podcast instead of watching a show</p> 	<p>Complete 30 mins of exercise indoors 3 times a week</p> 	<p>Sing your favourite song the whole way through</p> 
<p>Talk to a person you trust about any bad feelings you have</p> 	<p>Call a friend you have not spoken to in a while</p> 	<p>Drink 5 cups of water a day for one full week</p> 	<p>Read a book</p> 
<p>Take a shower</p> 	<p>Paint or draw at least once a week</p> 	<p>Take a social media break for full day</p> 	<p>Cook your own meal once a day 3 times a week</p> 
<p>Get dressed</p> 	<p>Complete 30 mins of exercise outdoors 3 times a week</p> 	<p>Clean teeth</p> 	<p>Take a mental health day</p> 
<p>Learn a dance</p> 	<p>Get 8 hours of sleep</p> 	<p>Ask for help with activity</p> 	<p>Help someone</p> 

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