

Self-care Bingo Card



Go for a nature walk	Try a new family recipe	Take 5 minutes to breath	Have a tech-free meal together	Stretch or do light yoga
Read a book with your child	Listen your favourite music	Take a family photo outside	Have a family dance party	Do an act of kindness for someone
Spent time in natural sunlight	Try a new healthy snack	Have a tech-free meal together	Create art or doodle	Hug a loved one for at least 20 sec
Set one personal goal for the month	Compliment someone directly	Have a slow morning with no rushing	Play a board game together	Watch a feel-good movie
Unplug from social media for an hour	Journal for 5 minutes	Write down 3 things you're grateful for	Call a loved one just to chat	Start your day with a glass of water

