

Self-Care BINGO

Reach out to a trusted friend or family	Do some stretches or exercise	Sing/hum or listen to your favourite song(s)	Squeeze ice cubes	Call or message SafeSpot
Ground yourself- focus on objects around you (think about how they look, smell, sound, taste and feel)	Punch it out on a pillow/soft object	Do some breathing exercises	Snap a rubber band against your wrist	Rip up papers
Go around other people	Do something productive like rearranging your room		Do a random dance to an upbeat song	Journal how you are feeling
Play a sport (like football or netball)	Scream in a pillow to release tension	Watch videos that will make you laugh	Draw/paint something	Go through pictures that bring back happy memories
Record yourself saying as many positive things to yourself	Allow yourself to cry it out	Play a game	Vent to yourself in the mirror	Count slowly from 1-100