

SELF-CARE BINGO

Show yourself some **LOVE!**

From February 14th to March 14th unwind and recharge with some self-care!

Turn in your completed bingo card by March 28th to Caroline Hedde or Alejandra Carranza for a chance to **WIN A \$50 GIFT CARD!**

 Go for a walk outside	 <u>Check-out a book from the MDA Library!</u>	 <u>Use affirmations each day for 1 month</u>	 Make yourself a cup of coffee or tea	 Do something you loved as a child
 Make a gratitude list	 Cook, bake or go out to eat with a friend	 <u>Practice mindful breathing</u>	 Listen to or play music!	 Do yoga or stretches
 Create your own self-care activity!	 Read or watch something funny		 Take time for a favorite sport or hobby	 <u>Use grounding techniques</u>
 Draw/Paint/Create	 Do a puzzle or play a game	 Use sensory/fidget toys	 <u>Get a full night's sleep (8 hours+)</u>	 Spend time with a pet or animal
 Dance!	 <u>Take a social media break</u>	 Garden/spend time in nature	 Make a vision board	 <u>Try aromatherapy!</u>

Want to talk to a George School Counselor? Scan the QR Code to book a session!

