



Self-care Summer Bingo

**TAKE
A
WALK**

**TALK
TO A
FRIEND**

**READ
A
BOOK**

**SET
FUTURE
GOALS**

**WRITE
ABOUT 3
POSITIVES
YOU DID**

**COOK A
HEALTHY
MEAL**

**CREATE A
SUMMER
PLAYLIST**

**HAVE
BALANCED
SLEEP**

**TAKE ON
A PHOTO
CHALLENGE**

**WATCH
YOUR
FAVOURITE
MOVIE**

**TRY A NEW
HOBBY**

**TAKE TIME
AWAY FROM
TECHNOLOGY**

**ORGANIZE
YOUR DAY**

**BE KIND
TO
YOURSELF**

**SPEND
TIME
OUTSIDE**

**DO
SOMETHING
CREATIVE**