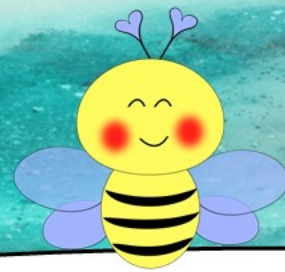# A TO Z of self care

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Other Resources

Relaxation and Mindfulness Bingo
Set 1
For up to 8 players

A TO Z OF SELF CARE

A ACTIVE lots of exercise every day	**B** BELIEVE in yourself	**C** CONNECT with friends and family	**D** DREAM of exciting things
E EAT healthy food	**F** FEEL and acknowledge your emotions	**G** GRATITUDE be thankful for what you have	**H** HELP others and enjoy the feeling it brings
i IMAGINATION use yours	**J** JOY be joyful	**K** KINDNESS to yourself and others	**L** LOVE yourself
M MINDSET move on from your mistakes	**N** NATURE enjoy all the nature around you	**O** OPEN your mind to the sensations around you	**P** PEACE find peacefulness
Q QUIET take time out to relax and recharge	**R** RESILIENCE you can bounce back – you've got this!	**S** SLEEP make sure you are getting enough	**T** TALK positive self-talk
U USE your brain to learn new things	**V** VISUALISE your fun times	**W** WALK run and play	**X** EXHALE slowly and breathe
	Y YOGA learn some exercises	**Z** ZEN be at peace with yourself	

A TO Z OF SELF CARE

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
	Y	Z	