

# self care Bingo



<p>5 minutes of listening to calming music</p>  <p><small>shutterstock.com • 149985525</small></p>	<p>Use a smelly soap or bath bomb in your shower or bath!</p> 	<p>Complete 1 Mindful Drawing</p> 
<p>Watch an inspiring YouTube video, write it down and share with 1 person!</p> 	<p>Find 1 quote you like, write it down and share with 1 person!</p> 	<p>Walk your feet on the grass!</p> 
<p>Find a picture (online or in a book) of a Calm Place.</p> 	<p>Do 3 'Box Breathes'</p> <p>Breathe in for 4 secs Hold for 4 secs Breathe out for 4 secs Hold for 4 secs</p> 	<p>Do something nice for your room!</p> 