

How many can you complete this week? 😊

We hope you have fun & feel GOOD! 😊

Self Care

KIDS EDITION



B I N G O

READ



BE KIND



CREATE



DANCE



GO
OUTSIDE



HAVE FUN



BUILD



PLAY A
GAME



HUG
SOMEONE



MOVIE
TIME



NAP



DO
NOTHING
RELAX



WRITE



ASK FOR
HELP



ENJOY
COOKIES



EXERCISE



COMPLETE A
PUZZLE



BRAIN
BREAK



SING



LISTEN TO
MUSIC



EAT
HEALTHY



CUDDLE
WITH A PET



HYDRATE



FAMILY
TIME

