

PROJECT 11

SELF-CARE BINGO



TRUE NORTH
YOUTH FOUNDATION

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Write out 10 things that you're grateful for	Make a healthy snack for you	Read for fun	Drink a cup of water every hour for 8 hours	Organize a space that needs some love
Spend 5 minutes embracing stillness focusing on your breath	Put on your favourite song and move your body	Look in the mirror and give yourself a compliment	Do something that energizes you	Unplug for a day
Spend quality time with a quality person	Try a new activity	YOUR CHOICE	Go for a walk	Bubble up and take your time washing your hands
Rest (nap or get to bed earlier)	Watch a documentary or movie	Put up a motivational quote somewhere where you can see it	Spend an hour being creative (drawing, colouring, singing etc.)	Journal or Self-reflect
Nourish your body with whole foods	Spend time outside	Stretch	Exercise	Simplify your schedule