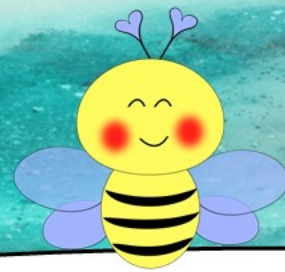




A TO Z of self care



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Other Resources





Relaxation and Mindfulness Bingo
Set 1
For up to 8 players

The image displays a collection of bingo cards for a relaxation and mindfulness activity. The cards are arranged on a wooden surface. Some cards show images of a bird, a cat, and a dog, along with text prompts like 'I can sing', 'I can watch the clouds', 'I can relax in a bubbly bath', 'I can snuggle under the covers', 'I can do some exercise', and 'I can stretch'. Two cards in the foreground show a grid for 'Relaxation ideas that I will try...'.

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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 |
|  elsa support www.elsa-support.co.uk | Y YOGA learn some exercises | Z ZEN be at peace with yourself |  |

A TO Z OF SELF CARE

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