

Self Care Bingo

Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.

Break down big tasks into small actions. Take one today

- _____
- _____
- _____

Express yourself through a craft or art project

Do one thing that will help you feel more organised

Choose a self care practice and make time for it

Do something nourishing for your body - walk, stretch

Practice saying nicer things to Yourself

Name three things you've gained from growing older

Try a sleep story/ meditation

Do something to celebrate a small or big win

Fill in the blank: "I'm proud of myself for..."

Give yourself a non-material gift

Do something today just because it makes you happy

Get cosy with a blanket and warm drink. Notice the temperature and sensations.

Hydrate - remember to drink water

Do a quick stretch to release muscle tension

Visit a library, museum, or gallery

Challenge your mind today

Plan your week ahead

Have a digital declutter

Shake it off!

Enjoy a piece of cake or chocolate guilt free

Avoid multitasking - do one thing at a time

Make a meal with extra care

Look up at the sky and notice how it makes you feel

Place a hand on your heart and take 3 deep breaths

Find a quote/affirmation that makes you feel good

Give your eyes a break. Close them for 1 minute and breathe.

Do an activity just for fun

Approach today with wonder and curiosity

Celebrate your resilience

Listen to upbeat music while completing a task/chore

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