



GRADE 9 HOMEROOM

Name: _____

Gr. & Sec.: _____

SELF-CARE BINGO

Complimented myself	Talked to my family members	Talked and bonded with my friends	Reframed my negative thoughts and feelings	Helped someone
Meditated	Ate healthy food	Played with my pet	Had a good laugh	Asked for help
Took a much needed break	Drank 8 glasses of water	Free Space	Had a social media break	Let myself cry
Complimented someone	Got 8 hours of sleep	Read a good book	Hugged my parents	Listened to my favorite music
Said my prayers	Spent time with nature	Decluttered my space	Wrote in my journal	Watched my favorite shows and movies

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