

Self-Care Card

Who to Reach Out to

1.

2.

3.

Things I Can Do

1.

2.

3.

PHYSICAL

MENTAL

EMOTIONAL

SELF CARE

In the boxes, describe or draw ways
you can show yourself care.

HOBBIES

SCHOOL

RELATIONSHIPS

OTHER

MONDAY

TUESDAY

WEDNESDAY

SELF CARE

In the boxes, schedule when you can show yourself care.
These can change every week depending on your schedule.

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Weekly Ways You Can Practice Self Care

Self Care Bingo

| | | | | |
|---------------|-------------------------|---|----------------------|--|
| Exercise | Create an action plan | Make something for someone else or yourself | Treat Yo Self | Squeeze a stress ball |
| Laugh | Get enough sleep | Take a break | Journal | Gratitude List |
| Walk slowly | Talk to a trusted adult | FREE SPACE | Eat a healthy snack | Take a break from technology |
| Mindfulness | Affirmations | Positive Self-Talk | Talk to a friend | Hangout with pet OR Hug a stuffed animal |
| Draw or paint | Listen to music | Alone time | Declutter your space | Drink water |