

Relationships and Sex Education (RSE) Day

It begins with me

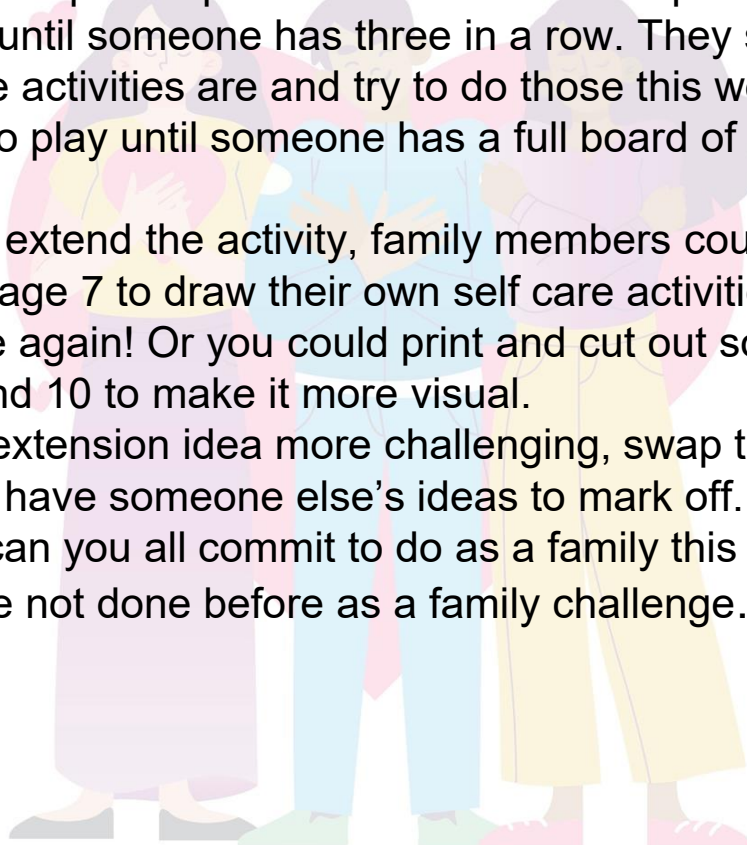
Family Self-Care Bingo

You will need:

- Printable bingo boards or 3x3 grid on blank paper if you do not have a printer
- Pen/counter to mark squares
- List of self care activities

Instructions:

- Choose one of the 6 printable bingo boards and ask one family member to call out a type of self care activity from the list.
- If a family member has the matching activity on their board they should cross it off with a pen or place a counter on the square.
- Keep playing until someone has three in a row. They should read back what the three activities are and try to do those this week!
- You could also play until someone has a full board of marked off squares.
- If you want to extend the activity, family members could use the blank template on page 7 to draw their own self care activities from the list and play the game again! Or you could print and cut out some of the ideas on pages 9 and 10 to make it more visual.
- To make the extension idea more challenging, swap the boards once drawn so you have someone else's ideas to mark off.
- Which ideas can you all commit to do as a family this week? Maybe try an idea you've not done before as a family challenge.



Bingo Board Self Care Activity List

- Spend time in nature
- Make a hot chocolate
- Have a social media free day
 - Watch a film as a family
- Read a good book
- Watch the sunset
 - Take a nap
- Have a warm bath
- Learn something new
- Play a game together
 - Cuddle a pet
 - Play with slime
 - Exercise for 15 minutes
 - Do something creative
- Drink more water
 - Go to bed early
- Learn something new
 - Do a puzzle
 - Have a pamper evening
- Take up a new hobby
- Play an instrument
- Play a game together
- Write affirmations on a mirror
- Go outside and watch the stars
 - Do breathing exercises
 - Watch the sunset
 - Write in a journal
 - Draw a picture
- Create a cosy corner
- Sing in the shower
- Have a mini dance party
 - Bake something
 - Try a new food
- Spend some quiet time alone
- Have a pyjama party
- Do a random act of kindness



Play bingo with your family. The first one to get 3 in a row wins!

Spend time in nature

Make a hot chocolate

Have a social media free day

Watch a film as a family

Read a good book

Watch the sunset

Take a nap

Have a warm bath

Learn something new



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Play a game together

Cuddle a pet

Play with slime

Exercise for 15 minutes

Do something creative

Drink more water

Go to bed early

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Have a pamper evening

Watch a film as a family

Take up a new hobby

Play an instrument

Play a game together

Write affirmations on a mirror

Go outside and watch the stars

Spend time in nature

Do breathing exercises

Play bingo with your family. The first one to get 3 in a row wins!

Do breathing exercises

Watch the sunset

Write in a journal

Draw a picture

Do a puzzle

Create a cosy corner

Sing in the shower

Have a mini dance party

Bake something

Play bingo with your family. The first one to get 3 in a row wins!

Try a new food

Spend some quiet time alone

Have a pyjama party

Do a random act of kindness

Create a cozy corner

Cuddle a pet

Play with slime

Bake something

Take up a new hobby



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Each family member can use a blank Bingo board to draw their own examples of self care activities.

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