

Take time to take care

When you're feeling stressed or anxious, self-care can help you feel better. Play a game of self-care BINGO. Mark off the activities as you do them to see if you can score BINGO.



B I N G O

Take a walk outside	Wear your favorite outfit	 Try a new food	Play a sport	 Play a game
Write down 3 things you're good at	Listen to your favorite song	Color a picture	 Drink a glass of water	Call a friend or family member
Eat all of your vegetables at dinner	 Read a book	Smile!	Ride a bike (don't forget your helmet!)	Write down 3 things you're thankful for
 Have a dance party	Take a break from screens	Take 10 deep breaths	Have a family picnic	 Go to the park
Eat a piece of fruit	 Get a good night's sleep	Wear sunscreen when you go outside	 Do a good deed	Eat a healthy snack

Need inspiration? We have you covered with more activities.

Color a picture
healthtalkcoloring.myuhc.com

Have a family picnic
healthtalksiderecipe.myuhc.com

