

# SELF CARE BINGO

We know our amazing volunteers enjoy dedicating their time to assisting others, especially their Pyjama Child. However during challenging times it is important to take care of yourself, in order to be the best version of you.



Watch the  
sunrise/  
sunset



Unplug  
from  
technology



Write out  
a bucket  
list



Read a  
new book



Watch a  
feel good  
movie




Go on a  
walk



Dance to  
your  
favourite  
song



Bake your  
favourite  
dessert



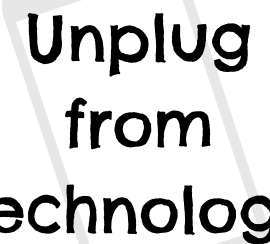
Write down  
3 things that  
went well  
today

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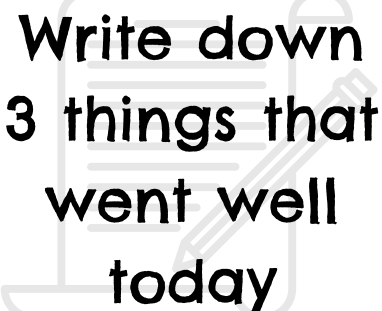
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