



SELF-CARE BINGO

For all ages!

Complete any 5 Bingo squares in a row, and bring your completed chart into the Strathmore Library (inside or curbside allowing for current COVID restrictions).

The first 10 families to get their BINGO will receive a small prize!

Drop off your card by June 30th 2021 to be entered in a draw to win a FREE 1 Year membership to the Strathmore Municipal Library for your family!

Go outside for 30 minutes.	Volunteer! Help a community organization, neighbour, or pick up garbage.	Learn something new about a topic that interests you.	Be active! Physical activity can help reduce stress.	Call a friend or family member.
Take a break from chores and do something fun!	Have a movie night.	Write it out. Keeping a journal can help you identify your stress.	Relax with music and doodle.	Read a book in your backyard or by a window.
Go around the dinner table and each say something you love about yourself.	Recommend a book to someone you know.	FREE SPACE	Take a nap or go to bed early. Better sleep = better mood.	Go for a walk outside. Walking can boost your immune system.
Borrow an e-Book	Do 20 minutes of yoga.	Share this BINGO with someone you know	Bake or cook something new.	Listen to your favourite music playlist.
Put on some music and dance around your house.	Do something kind for another.	Read a book in your backyard or by a window.	Play a card game or board game.	Stretch! Stretching can relax tense muscles and improve your mood.

Fill out to be entered into the free membership prize drawing. Return by June 30th 2021.

Name: _____ Contact Info: _____

