SELF-CARE BINGO
alternatives to self-harm

call a friend
stretch or do yoga
doodle, draw or color
ride a bike or skateboard
pop bubble wrap or balloons

cook or bake
squeeze ice cubes
sing
watch funny animal videos
be around other people

draw a tattoo on my body
let myself cry
break sticks
take a bubble bath

organize my closet
hug a pillow
go on a walk or run
paint my nails
text CONNECT to 741741

journal
rip up paper
snap a rubber band against my wrist
flatten aluminium cans to recycle
talk about my feelings with someone I trust

WHOLEHearted
SCHOOL COUNSELING
Thank you for downloading this resource!
I love creating tools that invite young people to voice & shape their authentic, strong, vulnerable & brave selves and that hopefully make your job easier (and more fun), too!
Please contact me with any questions, requests, or feedback at: wholeheartedschoolcounseling@gmail.com

Joy to You! - Anita

Ways to Use This Poster

This self-care poster is a helpful reminder of healthy coping skills that can be used as alternatives to self-harm. Includes a full color "BINGO" board, a black and white checklist, and smaller cards that can be handed out to students and/or your clients as take-away reference guides.

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# Self-Care Bingo

## Alternatives to Self-Harm

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*WholeHearted School Counseling*
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