

# Self Care

#BEINGWELLWHILEDOINGTHISWORKWELL

#BUILDINGTRAUMASENSITIVE SCHOOLS

B	I	N	G	O
		free		

MSJENALEXANDER.COM

## Directions:

WRITE AN IDEA FOR SELF-CARE IN EACH SQUARE. ASK "YOUR PEOPLE" TO DO THE SAME ON THEIR OWN PAGE. MARK OFF A SQUARE EACH TIME YOU COMPLETE ONE. FIRST ONE TO GET BINGO WINS!!

Celebrate Together!