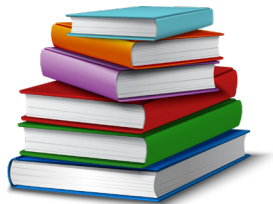


SELF CARE BINGO



Play and enter for a chance to win a \$25 gift card!

How to Play: Circle the activity once you complete it. Post a photo on Instagram and tag @AuroraTeens for a chance to win!



READ A BOOK



GET SOME FRESH AIR



DOWNLOAD A MEDITATION APP & GIVE IT A TRY



MAKE A "GOOD MOOD" PLAYLIST & ENJOY!



CLEAN YOUR ROOM



CREATE A LIST OF POSITIVE AFFIRMATIONS



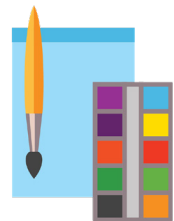
EAT YOUR FAVOURITE SNACK



TRY A NEW RECIPE



DANCE TO SOME MUSIC



WORK ON AN ART OR CRAFT PROJECT



LISTEN TO A PODCAST



PHYSICAL ACTIVITY



WATCH YOUR FAVOURITE MOVIE



VIDEO CHAT FRIENDS/FAMILY



WORK ON A PUZZLE



WRITE IN A JOURNAL