

Self-Care Bingo

Tested A friend	Went Outside	Stretched	Smiled At yourself	Shopped for yourself
Took a deep breath	Listened to music	Free Space	meditated	Was kind To myself
Wrote in a journal	Lit A Candle	Took A Bath	Sat in The Quiet	Slept Well
Wrote in a journal	Wrote in a journal	Took A Bath	Sat in The Quiet	Slept Well

Empowering Words Cut-Out

Resilient	Realizing	Empower
Radiant	Breakthrough	Safe
Peaceful	Worthy	Enough
	Kindness	Sell-care
	Bold	Grounded
	Calm	Supported
	Protected	Affirm
	Journey	Purpose
Whole	Shine	New
		Courage



Self-Love Word Search Puzzle

Find all 25 empowering words hidden in the grid below.

O	W	S	W	A	N	H	O	P	E	D	E	P	P	G
D	R	O	U	J	O	U	R	N	E	Y	S	K	B	T
O	P	E	R	P	E	I	W	H	O	L	E	N	F	E
D	C	D	S	T	P	Z	B	R	E	A	T	H	E	O
B	C	A	K	I	H	O	Q	E	G	P	A	H	W	L
O	O	U	L	M	L	Y	R	S	M	P	E	A	C	E
U	U	B	T	M	I	I	Y	T	G	Q	B	A	Z	V
N	R	R	R	S	T	R	E	N	G	T	H	O	R	G
D	A	A	U	S	H	P	G	N	Z	J	O	D	S	E
A	G	V	S	I	D	K	C	Z	C	F	W	Z	A	N
R	E	E	T	A	F	F	I	R	M	E	R	E	F	T
I	L	G	R	O	W	T	H	V	O	I	C	E	E	L
E	O	C	V	S	O	H	E	A	L	I	N	G	E	E
S	V	S	U	R	V	I	V	O	R	A	E	U	D	M
C	E	C	R	E	M	P	O	W	E	R	X	S	W	I

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Self-Love Word Search Answer Key

Here are the words to find in the puzzle:

- | | |
|--------------|------------|
| • COURAGE | • BREATHE |
| • STRENGTH | • SURVIVOR |
| • RESILIENCE | • TRUST |
| • HEALING | • JOURNEY |
| • EMPOWER | • REST |
| • WORTHY | • HOPE |
| • SAFE | • BRAVE |
| • SUPPORT | • CALM |
| • GROWTH | • AFFIRM |
| • PEACE | • LOVE |
| • VOICE | • FREE |
| • BOUNDARIES | • GENTLE |

Empowering Words Cut-Out Sheet

Resilient

Healing

Empower

Reclaim

Radiant

Breakthrough

Safe

Bloom

Peaceful

Worthy

Enough

Authentic

Brave

Kindness

Self-care

Confidence

Growth

Bold

Grounded

Balance

Forward

Calm

Supported

Hopeful

Voice

Protected

Affirm

Freedom

Thrive

Journey

Purpose

New

Transform

Whole

Shine

Courageous

5-4-3-2-1 Grounding Worksheet

- 5 Things You Can See
- 4 Things You Can Touch
- 3 Things You Can Hear
- 2 Things You Can Smell
- 1 Thing You Can Taste

Ground yourself in the now. You are safe. You are here. You are okay.

Self-Care Bingo

Ed
Texted
A
Friend

Went
Outside

Stretched

Smiled
At
yourself

Shopped
For
yourself

Took a
deep
breath

Listened
to
Music

Free
Space

Meditated

Was Kind
To
myself

Wrote
in a
journal

Lit
A
Candle

Took
A
Bath

Sat in
The
Quiet

Slept
Well