

SELF CARE BINGO

EXAMPLE: LISTEN TO MY FAVOURITE UPLIFTING MUSIC

EXAMPLE: GO FOR A WALK TO CLEAR MY MIND

FILL EACH BOX IN WITH A SELF CARE ACTIVITY

1.	2.	3.
4.	5.	6.
7.	8.	9.

EXAMPLE: CAN YOU CROSS THEM ALL OFF IN ONE DAY?



WHAT ARE YOU GRATEFUL TO YOUR BODY FOR?

LIST 5 THINGS BELOW

EXAMPLES...

1. I AM GRATEFUL... MY LEGS HELP ME JUMP AND DANCE

2. MY STOMACH DIGESTS THE FOOD THAT FUELS ME

3. MY ARMS LET ME HUG MY FRIENDS AND STROKE MY PETS

4. MY THIGHS ARE STRONG AND KEEP ME STABLE

AFFIRMATIONS

THINGS TO TELL YOURSELF

My body is unique

I respect my body

My body is worth of love

My body is a source of strength

My body deserves fuel and care

The food I eat nourishes and energises me

My body is more important than how I look

I am worth more than just how I look

How I feel is more important than how I look

WHAT IS BODY IMAGE?

Your body image is your feelings and opinions about how you look. This can be on a scale from

NEGATIVE to POSITIVE

Do you feel great about your body and how you look?

Or maybe somewhere in the middle? Maybe you don't think about it?

Do you feel sad about your body? Do you wish it was different?

HOW CAN WE IMPROVE OUR BODY IMAGE?

Our body image can change every day, and it has nothing to do with how we actually look.

CELEBRATE DIVERSITY

Think about what you, and be thankful for it.

your body does for you, and be thankful for it.

NEUTRALITY

Remember that what you really matter doesn't really matter.

Try feeling neutral about it.

AFFIRMATIONS

Say positive things about yourself every day.

SOCIAL MEDIA CHECK LIST

☐ UNFOLLOW ANY ACCOUNTS THAT MAKE YOU FEEL BAD ABOUT YOURSELF, OR MAKE YOU COMPARE YOURSELF TO OTHERS.

☐ FOLLOW ACCOUNTS THAT SHOW DIVERSITY OF PEOPLE. DIFFERENT BODY TYPES AND LIFESTYLES.

☐ TAKE BREAKS FROM SOCIAL MEDIA, EVEN DELETE THE APPS OFF YOUR PHONE FOR A FEW DAYS. IT WILL STILL BE THERE WHEN YOU GET BACK.

FOLLOW US ON SOCIAL MEDIA FOR MORE TIPS AND TRICKS AND A MASSIVE LIST OF OTHER ACCOUNTS WE THINK YOU SHOULD FOLLOW!

@HUNGRY2MOVE

BODY CHECK IN

HOW TO DO A...

FIND SOMEWHERE TO BE STILL

YOU CAN SIT, STAND OR LIE DOWN

TAKE A DEEP BREATH

STARTING FROM THE BOTTOM OF YOUR BODY

HOW DOES EACH BODY PART FEEL?

EVERY MUSCLE YOU CAN SQUEEZE AND RELAX, CAN YOU GIVE EACH BODY PART A WRIGGLE?

YOUR TOES... FEET... LEGS... KNEES... THIGHS... HIPS... BACK... STOMACH... CHEST... SHOULDERS... ARMS... NECK... HEAD... FACE... ELBOWS

IT IS SO IMPORTANT FOR US TO LISTEN TO WHAT OUR BODY IS TELLING US

TRY THIS BEFORE AND AFTER DANCING, WHICH PARTS OF YOUR BODY NEED REST OR STRETCHING? CAN YOU LIST SOMETHING YOU ARE GRATEFUL FOR EACH PART OF THE BODY FOR AS YOU GO?

SUPPORT & HELP

PLACES YOU CAN GO TO FIND OUT MORE OR ASK FOR HELP

MIND

MENTAL HEALTH CHARITY

BEAT EATING DISORDERS

SUPPORT FOR EATING DISORDERS

YOUNG MINDS

SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH

EVEN MORE SUPPORT HERE

IF YOU ARE WORRIED ABOUT YOURSELF OR SOMEONE ELSE TALK TO A TRUSTED ADULT OR FRIEND THERE IS ALWAYS HELP AVAILABLE

YOU ARE NOT ALONE

SELF CARE HANDBOOK

FOR DANCERS

THIS BOOK BELONGS TO

HUNGRY 2 MOVE