

TAKE CARE OF YOURSELF

Bingo!

go outside take a walk outside, long or short	compliment yourself compliment someone else	nature watch sky, birds, trees, clouds, from inside or outside!	connect video chat or call a friend or loved one
take a break	treat yourself to something you love to do, or eat	hydrate drink another glass of water	disconnect from all wifi and electronic devices for the day
breathe deep breath in deep breath out repeat x 10	stretch reach for the sky, then reach for your toes...repeat x 5	create write, journal, craft, or try a new recipe	binge watch your favourite show or have a movie marathon
read	read	read	read



Brockville
Public Library