

SELF CARE BINGO

Victorian
Seniors
Festival
Reimagined
2021

Give someone
(or something)
a hug

Do some
mindfulness/
meditation



Sing
in the
shower



Have
an ice
cream
cone



Give  someone a
compliment

Give   yourself a
compliment

Learn how to say
hello in another
language

Don't make
your bed
for a
day



Smell a
flower
outside



View a
performance at
seniorsonline.
vic.gov.au

Read your
favourite
book from
your childhood



SAY
'YES' TO
A NEW
EXPERIENCE



Say 'No'
to over
committing

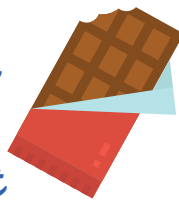
Start a
Gratitude
Journal



Shout
someone
a coffee



Eat
chocolate
for
breakfast



Sign the
EveryAGE
Counts Pledge

Try
a new
walking
route



EXPLORE
ONLINE
SERVICES AT
THE LIBRARY



Read a book/
newspaper/
magazine

Go phone/tv/
radio-free for
a day
(device free)

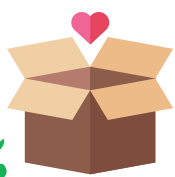
Get to
sleep early



Have a sleep in



Donate
something



Chat
to your
neighbours



Treat
yourself to
something
new

SPEND 10MINS
LOOKING AT
THE PHOTOS
IN YOUR
HOUSE



Call a
friend



Send
someone
a card/
letter



Stay in
your PJs
all day

Complete
a puzzle

