*Find a box or container to decorate and use as your Self-Care Toolkit.

*Keep these cards in your Self-Care Toolkit with activities and tips and breathing exercises to help clear your mind.

Remember:

- Water nourishes and refreshes seeds/seedlings to help them grow.

- We need activities that nourish and refresh our minds and bodies.

- Fulfilling activities are different for everyone: rest, exercise, play, reading, crafting, or any activity that replenishes your spirit.
Fill your water drops with fulfilling activities or color them in as you practice.
## Keiki Self-Care BINGO

<table>
<thead>
<tr>
<th>COOKED WITH AN ADULT</th>
<th>DID BUBBLE BREATHING</th>
<th>BUILT A FORT</th>
<th>DID AN ART ACTIVITY</th>
<th>LEARNED SOMETHING NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHARED YOUR FEELINGS</td>
<td>DID SOMETHING HELPFUL</td>
<td>LEARNED ORIGAMI</td>
<td>DANCED TO A FUN SONG</td>
<td>BRUSHED YOUR TEETH</td>
</tr>
<tr>
<td>PLAYED CARDS OR A BOARD GAME</td>
<td>READ FOR 10 MINUTES</td>
<td>FREE</td>
<td>DRANK WATER</td>
<td>ASKED FOR HELP</td>
</tr>
<tr>
<td>CALLED A RELATIVE OR FRIEND</td>
<td>USED YOUR IMAGINATION</td>
<td>MADE YOUR BED</td>
<td>TURNED AN EMPTY BOX INTO SOMETHING ELSE</td>
<td>SANG A SONG</td>
</tr>
<tr>
<td>WENT FOR A WALK</td>
<td>WATCHED A FUNNY MOVIE</td>
<td>ATE YOUR VEGETABLES</td>
<td>PLAYED AN INSTRUMENT</td>
<td>EXERCISED</td>
</tr>
</tbody>
</table>

#2 mentalhealthhawaii.org
Pom Pom Buddy

Use ribbon, pipe cleaners, scraps of paper, beads, or anything you want to personalize your new friend.

Give your pal a name.

Keep your new buddy in special place or take them with you, and give them a little squeeze when you need some encouragement.

Hi! Please give me a name and a hug!

#3