

Healthy bodies, healthy minds

Self-respect bingo card



Find a classmate for each box and write their name in it.



someone who can tell you something they are good at

someone who has learnt from a mistake

someone who can tell you something they need to work on

someone who can recognise a positive quality about themselves

Someone who can describe a good way to relax

someone who can describe a time when they have been kind to themselves

someone who has tried a new activity recently

someone who can identify a positive quality about you

someone who can identify a positive quality in someone else in the room
