









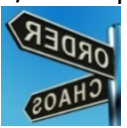















THE F WORDS BINGO CHALLENGE

Instructions: Take care of yourself by focusing on the F-Words of Child Development. Complete as many self-care challenges as possible by April 17th. Let's see how many we can do!

<p>Work on a jigsaw puzzle</p>  <p>FUN <input type="checkbox"/></p>	<p>Intentionally schedule "me" time in your calendar</p>  <p>FUTURE <input type="checkbox"/></p>	<p>Get outside for 10 minutes in the sun for vitamin D</p>  <p>FUNCTION <input type="checkbox"/></p>	<p>Go for a walk in nature</p>  <p>FITNESS <input type="checkbox"/></p>	<p>Unplug for 2 hours</p>  <p>FUNCTION <input type="checkbox"/></p>
<p>Increase your water intake by 1 glass for 5 days</p>  <p>FUNCTION <input type="checkbox"/></p>	<p>Explore a new area for a walk/bike ride</p>  <p>FITNESS <input type="checkbox"/></p>	<p>Experiment with meal prepping for 1 week</p>  <p>FUTURE <input type="checkbox"/></p>	<p>Reach out to a friend/family member</p>  <p>FITNESS/FRIENDS <input type="checkbox"/></p>	<p>Watch a movie at home</p>  <p>FUN <input type="checkbox"/></p>
<p>Declutter a room/small space</p>  <p>FUNCTION <input type="checkbox"/></p>	<p>Try a new craft</p>  <p>FUN <input type="checkbox"/></p>	<p>FREE Pick your own F-Word</p> <p>_____ <input type="checkbox"/></p>	<p>Engage in something that makes you laugh</p>  <p>FUN <input type="checkbox"/></p>	<p>Get 7 hours of sleep (1 night counts)</p>  <p>FUNCTION <input type="checkbox"/></p>
<p>Read a book</p>  <p>FUN <input type="checkbox"/></p>	<p>Be active for 40 minutes</p>  <p>FITNESS <input type="checkbox"/></p>	<p>Try a new or revisit an old hobby</p>  <p>FUN <input type="checkbox"/></p>	<p>Check-in with family, a friend or neighbour to see if they any help</p>  <p>FAMILY/FRIENDS <input type="checkbox"/></p>	<p>Keep a gratitude journal for 5 days</p>  <p>FUNCTION <input type="checkbox"/></p>
<p>Enjoy an album you love</p>  <p>FUN <input type="checkbox"/></p>	<p>Treat yourself to a hot drink</p>  <p>FUN/ FUNCTION <input type="checkbox"/></p>	<p>Play a single player game or family game night in</p>  <p>FAMILY/FUN <input type="checkbox"/></p>	<p>Experiment with a new recipe</p>  <p>FUN <input type="checkbox"/></p>	<p>Take 5 minutes to breathe deeply</p>  <p>FUNCTION <input type="checkbox"/></p>

Rosenbaum, P., & Gorter, J. W. (2012). The 'F-words' in childhood disability: I swear this is how we should think!. *Child: care, health and development*, 38(4), 457-463.

<https://www.canchild.ca/f-words>

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