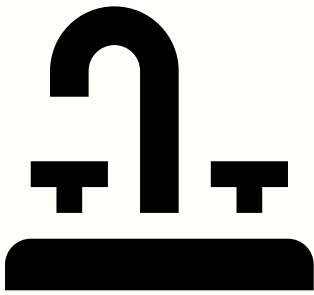


# KITCHEN SAFETY BINGO



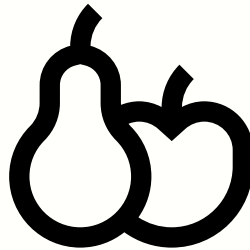
Clean up as  
you go

Only use knives  
with the help or  
permission of an  
older family  
member



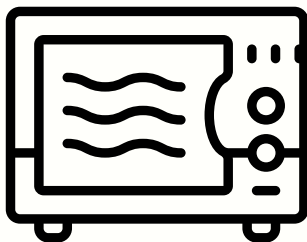
Wash your  
hands very well

Only use the  
oven with the  
help or  
permission of an  
older family  
member



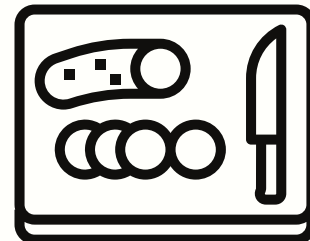
Wash fruit &  
veggies with  
water

Double check  
that the oven  
and stove are  
off before  
leaving the  
kitchen



Never leave  
metal in a  
microwave

Never touch an  
electrical  
appliance with  
wet hands



Never cut  
toward yourself

**NOVEMBER: GRATITUDE**

# DAILY CHARADES: HEALTHY HABITS

..... in the morning .....

**TAKE CARE OF YOUR HAIR**

**BRUSH YOUR TEETH**

**USE DEODERANT**

**PUT ON CLEAN CLOTHES**

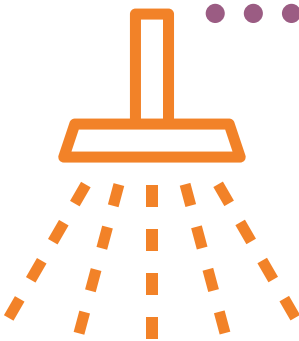


..... throughout the day .....

**WASH YOUR HANDS**

**DRINK WATER**

**GET MOVING!**



..... in the evening .....

**SHOWER OR BATHE**

**WASH HAIR**

**BRUSH YOUR TEETH**

**SWEET DREAM!**





# Self-Care MENU

## 1 MINUTE

TAKE 5 DEEP BREATHS  
GET A DRINK OF WATER  
SMILE AT SOMEONE  
DANCE PARTY  
USE SOME RELAXING LOTION

## 5 MINUTES


PLAY YOUR FAVORITE SONG  
GO OUTSIDE  
STRETCH  
DOODLE  
COMPLIMENT YOURSELF

## 15 MINUTES

TALK TO A LOVED ONE  
TAKE A WALK  
PLAY A VIDEO GAME  
MAKE A TO-DO LIST  
WATCH A FUNNY VIDEO

## 30 MINUTES

TAKE A NAP  
READ A BOOK  
HAVE A MEAL  
CLEAN YOUR SPACE  
SHOWER OR TAKE A BATH



# FASHION & FOLD: LAUNDRY HOW-TO



**S**

**SEPARATE WHITE & COLORED CLOTHES**



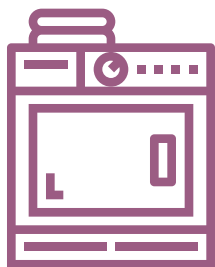
**T**

**TAKE YOUR TIME WHEN ADDING THE SOAP**



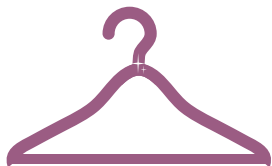
**Y**

**YOU'RE HALFWAY THERE: HIT THAT START BUTTON**



**L**

**LOAD THE DRYER WHEN THE WASH IS DONE**



**E**

**EVEN SOCKS HAVE THEIR PLACE - PUT AWAY YOUR CLOTHES**

**NOW SHOW OFF YOUR *STYLE***

SEL\_DALLAS ON INSTAGRAM