

Self Care Bingo

Use a stress ball	Arts and Crafts	Go outside	Take a walk	Play with a pet
Draw	Try something new	Say 'I am worthy'	Cooking	Take a long shower
Think about happy memories	Use positive self-talk	FREE	Dance	Meditate
Muscle relaxation	Talk to a friend	Play a game	Listen to music	Read
Let yourself cry	Deep breathing	Start a hobby or project	Write in a journal	Exercise

Self Care Bingo

Use positive self-talk	Cooking	Take a walk	Draw	Say 'I am worthy'
Go outside	Write in a journal	Play with a pet	Deep breathing	Take a long shower
Muscle relaxation	Dance	FREE	Meditate	Arts and Crafts
Listen to music	Start a hobby or project	Use a stress ball	Exercise	Talk to a friend
Play a game	Read	Think about happy memories	Try something new	Let yourself cry

Self Care Bingo

Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use a stress ball	Muscle relaxation	Play a game	Try something new	Play with a pet
Think about happy memories	Exercise	FREE	Talk to a friend	Listen to music
Use positive self-talk	Take a long shower	Take a walk	Write in a journal	Go outside
Meditate	Arts and Crafts	Say 'I am worthy'	Draw	Let yourself cry