Self Care Bingo

Walking	Arts and Crafts	Listen to music	Think about happy memories	Sew or crochet
Exercise	Use positive self-talk	Take a shower	Cooking	Talk to a friend
Use a stress ball	Write in a journal	**FREE**	Dance	Pray or meditate
Punch a punching bag	Try something new	Read	Play with a pet	Start a hobby or project
Muscle relaxation	Deep breathing	Take a time out	Yoga	Let yourself cry

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Self Care Bingo

Write in a journal	Cooking	Think about happy memories	Exercise	Take a shower
Listen to music	Yoga	Sew or crochet	Deep breathing	Talk to a friend
Punch a punching bag	Dance	**FREE**	Pray or meditate	Arts and Crafts
Play with a pet	Take a time out	Walking	Let yourself cry	Try something new
Read	Start a hobby or project	Use a stress ball	Use positive self-talk	Muscle relaxation

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Self Care Bingo

Deep breathing	Take a time out	Cooking	Start a hobby or project	Dance
Walking	Punch a punching bag	Read	Use positive self-talk	Sew or crochet
Use a stress ball	Let yourself cry	**FREE**	Try something new	Play with a pet
Write in a journal	Talk to a friend	Think about happy memories	Yoga	Listen to music
Pray or meditate	Arts and Crafts	Take a shower	Exercise	Muscle relaxation

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved