

Self Care Bingo

Using a stress ball	Bird watching	Eating good food	Taking time out	Playing cards
Deep breathing	Trying something new	Reading	Cooking	Starting a hobby or project
Thinking about happy memories	Using positive self-talk	FREE	Crafting	Expressing gratitude
Listening to music	Talking to a friend	Meditating or praying	Exploring the outdoors	Playing with a pet
Exercising	Dancing	Sewing or crocheting	Writing in a journal	Dining with friends/family

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Eating good food	Writing in a journal	Playing cards	Dancing	Starting a hobby or project
Listening to music	Crafting	FREE	Expressing gratitude	Bird watching
Exploring the outdoors	Sewing or crocheting	Using a stress ball	Dining with friends/family	Talking to a friend
Meditating or praying	Playing with a pet	Thinking about happy memories	Trying something new	Exercising

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Dancing	Sewing or crocheting	Cooking	Playing with a pet	Crafting
Using a stress ball	Listening to music	Meditating or praying	Trying something new	Playing cards
Thinking about happy memories	Dining with friends/family	FREE	Talking to a friend	Exploring the outdoors
Using positive self-talk	Starting a hobby or project	Taking time out	Writing in a journal	Eating good food
Expressing gratitude	Bird watching	Reading	Deep breathing	Exercising