

Self Care Bingo

Watch your favorite show	Arts and Crafts	Go outside	Talk to a friend	Pray or meditate
Drink or eat your favorite item	Use positive self-talk	Sew or crochet	Cooking	Take a shower
Use a stress ball	Write down a list of happy memories	FREE	Dance	Muscle relaxation
Play cards	Try something new	Play with a pet	Listen to music	Read
Let yourself cry	Deep breathing	Start a hobby or project	Write in a journal	Exercise

Self Care Bingo

Write down a list of happy memories	Cooking	Talk to a friend	Drink or eat your favorite item	Sew or crochet
Go outside	Write in a journal	Pray or meditate	Deep breathing	Take a shower
Play cards	Dance	FREE	Muscle relaxation	Arts and Crafts
Listen to music	Start a hobby or project	Watch your favorite show	Exercise	Try something new
Play with a pet	Read	Use a stress ball	Use positive self-talk	Let yourself cry

Self Care Bingo

Deep breathing	Start a hobby or project	Cooking	Read	Dance
Watch your favorite show	Play cards	Play with a pet	Use positive self-talk	Pray or meditate
Use a stress ball	Exercise	FREE	Try something new	Listen to music
Write down a list of happy memories	Take a shower	Talk to a friend	Write in a journal	Go outside
Muscle relaxation	Arts and Crafts	Sew or crochet	Drink or eat your favorite item	Let yourself cry