

Self Care Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Take time out	Punch a punching bag
Excerise	Use a stress ball	Start a hobby or project	Cooking	Take a shower
Try something new	Dance	FREE SELF CARE	Sew or crochet	Play cards
Play with a pet	Talk to a friend	Pray or meditate	Take Naps	Think about happy memories
Partake in Therapy	Muscle relaxation	Read	Deep breathing	Deep clean

Self Care Bingo

Sew or crochet	Punch a punching bag	Dance	Try something new	Deep breathing
Take time out	Play cards	Play with a pet	Use a stress ball	Cooking
Write Poetry or Music	Read	FREE SELF CARE	Excerise	Listen to music
Take Naps	Take a shower	Start a hobby or project	Talk to a friend	Deep clean
Arts and Crafts	Use positive self-talk	Write in a journal	Let yourself cry	Muscle relaxation

Self Care Bingo

Sew or crochet	Excerise	Take Naps	Let yourself cry	Cooking
Arts and Crafts	Write in a journal	Write Poetry or Music	Deep clean	Use a stress ball
Go outside	Talk to a friend	FREE SELF CARE	Pray or meditate	Take a shower
Read	Play with a pet	Play cards	Dance	Think about happy memories
Deep breathing	Try something new	Punch a punching bag	Listen to music	Start a hobby or project