

Self Care Bingo

Use positive self-talk	Cook something healthy	Learn something new	Talk to a supportive friend	Read something educational
Forgive you self	Use a stress ball	Take a bubble bath	Dance to a favorite song	Take a shower and wash your hair
Try something new ex: bike riding	Write your emotions in a journal	Self-care is not selfishness	Deep breathing	Play cards
Pray or meditate	Think about happy memories	Punch a punching bag	Massage	Start a hobby or project
Listen to music	Exercise	Take a mental time-out	do a craft ex:sew or crochet	Go outside

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Learn something new	do a craft ex:sew or crochet	Read something educational	Exercise	Take a shower and wash your hair
Pray or meditate	Deep breathing	Self-care is not selfishness	Play cards	Cook something healthy
Massage	Take a mental time-out	Use positive self-talk	Go outside	Think about happy memories
Punch a punching bag	Start a hobby or project	Try something new ex: bike riding	Use a stress ball	Listen to music

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Exercise	Take a mental time-out	Dance to a favorite song	Start a hobby or project	Deep breathing
Use positive self-talk	Pray or meditate	Punch a punching bag	Use a stress ball	Read something educational
Try something new ex: bike riding	Go outside	Self-care is not selfishness	Think about happy memories	Massage
Write your emotions in a journal	Take a shower and wash your hair	Talk to a supportive friend	do a craft ex:sew or crochet	Learn something new
Play cards	Cook something healthy	Take a bubble bath	Forgive you self	Listen to music