

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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