Self Care Bingo

Write in Journal	Ask For Help	Express Gratitude	Self-Admiration	Morning Stretch
Drink Water	Use positive self-talk	Play board game	Color/Paint	Read To Someone
Think about happy memories	Yoga	**FREE**	Cooking	Hug Someone
Listen to music	Talk to a friend	Moment to Reflect	Give yourself a facial	No social media day
Get active/ Play a Sport	Deep breathing	Pray or meditate	nap/quiet time	Eat a Rainbow Dish

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Self Care Bingo

Yoga	Color/Paint	Self-Admiration	Drink Water	Play board game
Express Gratitude	nap/quiet time	Morning Stretch	Deep breathing	Read To Someone
Listen to music	Cooking	**FREE**	Hug Someone	Ask For Help
Give yourself a facial	Pray or meditate	Write in Journal	Eat a Rainbow Dish	Talk to a friend
Moment to Reflect	No social media day	Think about happy memories	Use positive self-talk	Get active/ Play a Sport

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Deep breathing	Pray or meditate	Color/Paint	No social media day	Cooking
Write in Journal	Listen to music	Moment to Reflect	Use positive self-talk	Morning Stretch
Think about happy memories	Eat a Rainbow Dish	**FREE**	Talk to a friend	Give yourself a facial
Yoga	Read To Someone	Self-Admiration	nap/quiet time	Express Gratitude
Hug Someone	Ask For Help	Play board game	Drink Water	Get active/ Play a Sport

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