

Self Care Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Talk to a friend	Punch a punching bag
Exercise	Use a stress ball	Sew or crochet	Cooking	Take a time out
Try something new	Write in a journal	I LOVE YOU, SELF!	Dance	Play cards
Play with a pet	Think about happy memories	Pray or meditate	Muscle relaxation	Read
Listen to music	Deep breathing	Start a hobby or project	use Take a shower	Go outside

Self Care Bingo

Write in a journal	Cooking	Talk to a friend	Excercise	Sew or crochet
Let yourself cry	use Take a shower	Punch a punching bag	Deep breathing	Take a time out
Play with a pet	Dance	I LOVE YOU, SELF!	Play cards	Arts and Crafts
Muscle relaxation	Start a hobby or project	Use positive self-talk	Go outside	Think about happy memories
Pray or meditate	Read	Try something new	Use a stress ball	Listen to music

Self Care Bingo

Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use positive self-talk	Play with a pet	Pray or meditate	Use a stress ball	Punch a punching bag
Try something new	Go outside	I LOVE YOU, SELF!	Think about happy memories	Muscle relaxation
Write in a journal	Take a time out	Talk to a friend	use Take a shower	Let yourself cry
Play cards	Arts and Crafts	Sew or crochet	Excercise	Listen to music