

Self Care Bingo

Cook/bake	Dance	Go for a walk	Play with a pet	Write in a journal
Call a friend	Exercise	Meditate	Play cards	Start a hobby or project
Arts/Crafts	Eat something healthy	listen to happy tunes	Sleep	ride a bike
Compliment yourself	Drink water	Mindfulness	Read a book	Use positive self-talk
Call a friend	Deep breathing	Let yourself cry	Relax	Try something new

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Arts/Crafts	Drink water	listen to happy tunes	Read a book	Start a hobby or project
Call a friend	Dance	Let yourself cry	Play with a pet	ride a bike
Cook/bake	Deep breathing	Join a group	Relax	Try something new

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Compliment yourself	Exercise	Join a group	Relax	Use positive self-talk
Cook/bake	Eat something healthy	listen to happy tunes	Play cards	Try something new
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Call a friend	Deep breathing	Meditate	Sleep	Start a hobby or project