

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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