

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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