

Self-Care Bingo

Write a thank you note to yourself	Create a "comfort list" of things that bring you comfort	Listen to music	Watch a movie	Take 5 deep breaths
Eat a snack	Write a letter to your future or past self	Take a moment to reflect on your strengths	Dance	Tidy your space
Watch something funny	Write about your day	Free Space	Doodle or sketch	Read a poem
Spend time outside	Watch a sunset or sunrise	Stretch	Pick a favorite picture and reflect	Take a break from TV or phone
Make a gratitude list	Eat a piece of fruit	Talk to a friend	Write positive affirmations	Go on a walk

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Write about your day	Dance	Watch a movie	Eat a snack	Take a moment to reflect on your strengths
Listen to music	Write positive affirmations	Take 5 deep breaths	Eat a piece of fruit	Tidy your space
Spend time outside	Doodle or sketch	Free Space	Read a poem	Create a "comfort list" of things that bring you comfort
Pick a favorite picture and reflect	Talk to a friend	Write a thank you note to yourself	Go on a walk	Watch a sunset or sunrise
Stretch	Take a break from TV or phone	Watch something funny	Write a letter to your future or past self	Make a gratitude list

Self-Care Bingo

Eat a piece of fruit	Talk to a friend	Dance	Take a break from TV or phone	Doodle or sketch
Write a thank you note to yourself	Spend time outside	Stretch	Write a letter to your future or past self	Take 5 deep breaths
Watch something funny	Go on a walk	Free Space	Watch a sunset or sunrise	Pick a favorite picture and reflect
Write about your day	Tidy your space	Watch a movie	Write positive affirmations	Listen to music
Read a poem	Create a "comfort list" of things that bring you comfort	Take a moment to reflect on your strengths	Eat a snack	Make a gratitude list