

Self-Care Bingo

Went for a walk	Ate lots of greens	Exercised	Spent time in nature	Meditated
Did some arts and crafts	Watched a movie	Read a book	Breathed deeply	Spent quality time with a friend
Took some time for yourself	Went out to a social engagement	Did some gardening	Cuddled a furry animal	Had a good talk with a loved one
Helped a friend	Took a bath or shower	Listen to music	Got a massage	Played cards
Got 8 hours sleep regularly	Danced	Rode a bike	Wrote in a journal	Drew or painted a picture

Self-Care Bingo

Went out to a social engagement	Breathed deeply	Spent time in nature	Did some arts and crafts	Read a book
Exercised	Wrote in a journal	Meditated	Danced	Spent quality time with a friend
Helped a friend	Cuddled a furry animal	Did some gardening	Had a good talk with a loved one	Ate lots of greens
Got a massage	Rode a bike	Went for a walk	Drew or painted a picture	Took a bath or shower
Listen to music	Played cards	Took some time for yourself	Watched a movie	Got 8 hours sleep regularly

Self-Care Bingo

Danced	Rode a bike	Breathed deeply	Played cards	Cuddled a furry animal
Went for a walk	Helped a friend	Listen to music	Watched a movie	Meditated
Took some time for yourself	Drew or painted a picture	Did some gardening	Took a bath or shower	Got a massage
Went out to a social engagement	Spent quality time with a friend	Spent time in nature	Wrote in a journal	Exercised
Had a good talk with a loved one	Ate lots of greens	Read a book	Did some arts and crafts	Got 8 hours sleep regularly