

# Self Care Bingo

|                   |                        |                         |                            |                          |
|-------------------|------------------------|-------------------------|----------------------------|--------------------------|
| Watch a TED talk  | Apply a facemask       | Listen to music         | Think about happy memories | Start a hobby or project |
| Excerise          | Use positive self-talk | Take a bath             | Cooking                    | Talk to a friend         |
| Use a stress ball | Write in a journal     | <b>FREE</b>             | Dance a silly dance        | Punch a punching bag     |
| Read              | Try something new      | Sing with passion       | Play a game                | Start a skincare routine |
| Muscle relaxation | Deep breathing         | Take time out from tech | meditate for 10 minutes    | Go outside               |

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| Listen to music    | meditate for 10 minutes  | Start a hobby or project   | Deep breathing         | Talk to a friend  |
| Read               | Dance a silly dance      | <b>FREE</b>                | Punch a punching bag   | Apply a facemask  |
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| Use a stress ball    | Go outside              | <b>FREE</b>                | Try something new        | Play a game              |
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| Punch a punching bag | Apply a facemask        | Take a bath                | Excerise                 | Muscle relaxation        |