Self Care Bingo

Write in a journal	Ask For Help	Express appreciation to child/children	Talk to a friend	Play board game
Drink Water	Write in Journal	Read To Someone	Color/Paint	Self Admiration
Use positive self-talk	Yoga	**FREE**	Cooking	Listen to instrumental music
Morning Stretch	Think about happy memories	No social media day	Hug Someone	Pray or meditate
Give yourself a facial	Deep breathing	Reflect/Gratitude Moment	nap/quiet time	Eat a Rainbow Dish

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Self Care Bingo

Yoga	Color/Paint	Talk to a friend	Drink Water	Read To Someone
Express appreciation to child/children	nap/quiet time	Play board game	Deep breathing	Self Admiration
Morning Stretch	Cooking	**FREE**	Listen to instrumental music	Ask For Help
Hug Someone	Reflect/Gratitude Moment	Write in a journal	Eat a Rainbow Dish	Think about happy memories
No social media day	Pray or meditate	Use positive self-talk	Write in Journal	Give yourself a facial

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Self Care Bingo

Deep breathing	Reflect/Gratitude Moment	Color/Paint	Pray or meditate	Cooking
Write in a journal	Morning Stretch	No social media day	Write in Journal	Play board game
Use positive self-talk	Eat a Rainbow Dish	**FREE**	Think about happy memories	Hug Someone
Yoga	Self Admiration	Talk to a friend	nap/quiet time	Express appreciation to child/children
Listen to instrumental music	Ask For Help	Read To Someone	Drink Water	Give yourself a facial

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