

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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