

# Self Care Bingo

|                      |                        |                  |                            |                          |
|----------------------|------------------------|------------------|----------------------------|--------------------------|
| Write in a journal   | Arts and Crafts        | Let yourself cry | Think about happy memories | Sew or crochet           |
| Go outside           | Use positive self-talk | Take a shower    | Cooking                    | Talk to a friend         |
| Use a stress ball    | cleaning               | <b>FREE</b>      | Dance                      | Pray or meditate         |
| Punch a punching bag | Try something new      | Read             | Play with a pet            | Start a hobby or project |
| Listen to music      | Deep breathing         | Take a time out  | watch movies               | Journal                  |

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| cleaning             | Cooking                  | Think about happy memories | Go outside             | Take a shower     |
| Let yourself cry     | watch movies             | Sew or crochet             | Deep breathing         | Talk to a friend  |
| Punch a punching bag | Dance                    | <b>FREE</b>                | Pray or meditate       | Arts and Crafts   |
| Play with a pet      | Take a time out          | Write in a journal         | Journal                | Try something new |
| Read                 | Start a hobby or project | Use a stress ball          | Use positive self-talk | Listen to music   |

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| Deep breathing     | Take a time out      | Cooking                    | Start a hobby or project | Dance            |
| Write in a journal | Punch a punching bag | Read                       | Use positive self-talk   | Sew or crochet   |
| Use a stress ball  | Journal              | <b>FREE</b>                | Try something new        | Play with a pet  |
| cleaning           | Talk to a friend     | Think about happy memories | watch movies             | Let yourself cry |
| Pray or meditate   | Arts and Crafts      | Take a shower              | Go outside               | Listen to music  |