

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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