Self Care Bingo

Try something new	Arts/Crafts	Drink water	Relax	Meditate
Dance	Start a hobby or project	Play cards	Call a friend	Read a book
Sleep	Use positive self-talk	listen to happy tunes	Compliment yourself	Go for a walk
Join a group	Sew or crochet	Let yourself cry	Exercise	Mindfulness
Eat something healthy	Cook/bake	Play with a pet	Write in a journal	Deep breathing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Self Care Bingo

Use positive self-talk	Call a friend	Relax	Dance	Play cards
Drink water	Write in a journal	Meditate	Cook/bake	Read a book
Join a group	Compliment yourself	listen to happy tunes	Go for a walk	Arts/Crafts
Exercise	Play with a pet	Try something new	Deep breathing	Sew or crochet
Let yourself cry	Mindfulness	Sleep	Start a hobby or project	Eat something healthy

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Self Care Bingo

Cook/bake	Play with a pet	Call a friend	Mindfulness	Compliment yourself
Try something new	Join a group	Let yourself cry	Start a hobby or project	Meditate
Sleep	Deep breathing	listen to happy tunes	Sew or crochet	Exercise
Use positive self-talk	Read a book	Relax	Write in a journal	Drink water
Go for a walk	Arts/Crafts	Play cards	Dance	Eat something healthy

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved