

Self Care Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Take a time out	Read
Exercise	Use a stress ball	Start a new hobby or project	Cooking	Try something new
Watch a movie	Dance	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 in a journal	Let yourself cry	Play cards

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

Self Care Bingo

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