Self Care Bingo

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

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

Self Care Bingo

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

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

Self Care Bingo

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

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