Self Care Bingo

Try something new	Ask for help	Arts and Crafts	Listen to music	Stretch
Say no	Go outside	Talk to a friend	Sleep late	Cooking
Start a hobby or project	Take a walk	**FREE**	Use a stress ball	Dance
Sleep for 9 hours	Pray or meditate	Give someone you love a hug	Punch a punching bag	Take a nap
Repeat daily affirmations	Snuggle on the couch with a fluffy blanket	Take a time out	Play with a pet	Play a game on your phone

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Self Care Bingo

Sew or crochet	Punch a punching bag	Look at family photos	Deep breathing	Exercise
Sing	Say no	Repeat daily affirmations	Cooking	Take a walk
Take a bath	Pray or meditate	**FREE**	Dance	Treat yourself
Use a stress ball	Talk to a friend	Ask for help	Sleep for 9 hours	Stretch
Go outside	Listen to music	Snuggle on the couch with a fluffy blanket	Start a hobby or project	Sleep late

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Self Care Bingo

Take a nap	Dance	Exercise	Snuggle on the couch with a fluffy blanket	Say no
Go outside	Start a hobby or project	Sing	Ask for help	Pray or meditate
Arts and Crafts	Repeat daily affirmations	**FREE**	Try something new	Deep breathing
Write in a journal	Use positive self-talk	Stretch	Sleep for 9 hours	Let myself cry
Use a stress ball	Cooking	Punch a punching bag	Listen to music	Play a game on your phone

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