

Self Care Bingo

Treat yourself	Arts and Crafts	Listen to music	Start a hobby or project	Read
Go outside	Take a nap	Sleep for 9 hours	Ask for help	Snuggle on the couch with a fluffy blanket
Take a bath	Try something new	FREE	Exercise	Play with a pet
Pray or meditate	Stretch	Punch a punching bag	Play a game on my phone	Sing
Look at family photos	Give someone you love a hug	Sleep late	Use positive self-talk	Go to bed before 8 pm

Self Care Bingo

Try something new	Ask for help	Start a hobby or project	Go outside	Sleep for 9 hours
Listen to music	Use positive self-talk	Read	Give someone you love a hug	Snuggle on the couch with a fluffy blanket
Pray or meditate	Exercise	FREE	Play with a pet	Arts and Crafts
Play a game on my phone	Sleep late	Treat yourself	Go to bed before 8 pm	Stretch
Punch a punching bag	Sing	Take a bath	Take a nap	Look at family photos

Self Care Bingo

Give someone you love a hug	Sleep late	Ask for help	Sing	Exercise
Treat yourself	Pray or meditate	Punch a punching bag	Take a nap	Read
Take a bath	Go to bed before 8 pm	FREE	Stretch	Play a game on my phone
Try something new	Snuggle on the couch with a fluffy blanket	Start a hobby or project	Use positive self-talk	Listen to music
Play with a pet	Arts and Crafts	Sleep for 9 hours	Go outside	Look at family photos