

Self-Care Bingo

Write 3 good things about yourself	Arts and Crafts	Go to bed early	Think about happy memories	Read
Exercise	Vent to a trusted person	Take a shower	Cooking	Talk to a friend
Use positive self-talk	Write 3 positive things about yourself	FREE	Dance	Play a game with family
Play cards	Try something new	Play with a pet	Listen to music	Start a hobby or project
Listen to music	Deep breathing	Take a time out	Write in a journal	Go outside

Self-Care Bingo

Write 3 positive things about yourself	Cooking	Think about happy memories	Exercise	Take a shower
Go to bed early	Write in a journal	Read	Deep breathing	Talk to a friend
Play cards	Dance	FREE	Play a game with family	Arts and Crafts
Listen to music	Take a time out	Write 3 good things about yourself	Go outside	Try something new
Play with a pet	Start a hobby or project	Use positive self-talk	Vent to a trusted person	Listen to music

Self-Care Bingo

Deep breathing	Take a time out	Cooking	Start a hobby or project	Dance
Write 3 good things about yourself	Play cards	Play with a pet	Vent to a trusted person	Read
Use positive self-talk	Go outside	FREE	Try something new	Listen to music
Write 3 positive things about yourself	Talk to a friend	Think about happy memories	Write in a journal	Go to bed early
Play a game with family	Arts and Crafts	Take a shower	Exercise	Listen to music