Self Care Bingo

Watch a sunset	Cooking	Arts and Crafts	Let yourself cry	Talk to a friend
Read	Exercise	Use positive self-talk	Start a new hobby or project	Use a stress ball
Deep breathing	Play with a pet	**FREE**	Do yoga	Punch a punching bag
Try something new	Random Dance Party	Take a time out	Turn your phone off	Paint your nails
Meditate	Sew or crochet	Disconnect from Social Media	Sing along to your favorite song	Dance

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Self Care Bingo

Use a stress ball	Disconnect from Social Media	Think about happy memories	Play with a pet	Deep breathing
Punch a punching bag	Use positive self-talk	Cooking	Watch a sunset	Start a new hobby or project
Talk to a friend	Sew or crochet	**FREE**	Dance	Sing along to your favorite song
Exercise	Let yourself cry	Take a shower	Write in a journal	Try something new
Do yoga	Take a time out	Arts and Crafts	Read	Watch a movie

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Self Care Bingo

Disconnect from Social Media	Write things you're thankful for	Write in a journal	Exercise	Dance
Think about happy memories	Start a new hobby or project	Go outside	Cooking	Watch a sunset
Read	Do yoga	**FREE**	Talk to a friend	Punch a punching bag
Let yourself cry	Sing along to your favorite song	Play with a pet	Meditate	Take a time out
Watch a movie	Get a coloring book and color	Try something new	Random Dance Party	Arts and Crafts

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