

# Self Care Bingo

|                            |                         |                      |                       |                           |
|----------------------------|-------------------------|----------------------|-----------------------|---------------------------|
| Wrap presents              | Christmas shopping      | Do something festive | Something crafty      | Let yourself cry          |
| Day in jammies             | Watch a Christmas movie | Manicure/Pedicure    | Clean and/or organize | Read                      |
| Talk to a friend           | Write in a journal      | <b>FREE</b>          | Cook or Bake          | Get a Christmas latte     |
| Go for a walk/hike         | Take a bath             | Have a bath          | Family time           | Listen to Christmas music |
| Family Christmas tradition | Dance                   | Netflix and chill    | Yoga                  | Decorate for Christmas    |

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| Write in a journal   | Clean and/or organize     | Something crafty | Day in jammies          | Manicure/Pedicure          |
| Do something festive | Yoga                      | Let yourself cry | Dance                   | Read                       |
| Go for a walk/hike   | Cook or Bake              | <b>FREE</b>      | Get a Christmas latte   | Christmas shopping         |
| Family time          | Netflix and chill         | Wrap presents    | Decorate for Christmas  | Take a bath                |
| Have a bath          | Listen to Christmas music | Talk to a friend | Watch a Christmas movie | Family Christmas tradition |

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| Wrap presents         | Go for a walk/hike     | Have a bath           | Watch a Christmas movie   | Let yourself cry           |
| Talk to a friend      | Decorate for Christmas | <b>FREE</b>           | Take a bath               | Family time                |
| Write in a journal    | Read                   | Something crafty      | Yoga                      | Do something festive       |
| Get a Christmas latte | Christmas shopping     | Manicure/Pedicure     | Day in jammies            | Family Christmas tradition |