

Self Care Bingo

Watch an inspiration video	Ask for help	Arts and Crafts	Go outside	Talk to a friend
Put away your phone 30 minutes before bedtime	Declutter your room	Wash your face	Start a hobby or project	Bake a sweet treat
Take a time out	Visit a friend or family member	FREE	Wear your favourite outfit	Call a friend
Sew or crochet	Make your bed	Play cards	Try something new	Play with a pet
Take a shower	Use positive self-talk	Pray or meditate	Look at old photographs	Listen to music

Self Care Bingo

Rest	Play cards	Let yourself cry	Cook a healthy meal	Cooking
Say no to activity you don't want to do	Read	Pray or meditate	Brush your teeth	Visit a friend or family member
Talk to a friend	Make your bed	FREE	Call a friend	Muscle relaxation
Wash your face	Bake a sweet treat	Wear your favourite outfit	Sew or crochet	Deep breathing
Go outside	Stretch	Write a gratitude list	Think about happy memories	Take a time out

Self Care Bingo

Start a hobby or project	Use a stress ball	Call a friend	Dance	Stretch
Read	Declutter your room	Take a shower	Rest	Ask for help
Make your bed	Arts and Crafts	FREE	Put away your phone 30 minutes before bedtime	Say no to activity you don't want to do
Watch an inspiration video	Cook a healthy meal	Write in a journal	Write a journal	Deep breathing
Write a gratitude list	Brush your teeth	Talk to a friend	Sew or crochet	Exercise