

Self Care Bingo

Went on an adventure	Ate a comforting food	Play cards	Turn off the telephone for an hour	Take a time out
Listen to music	Used a face mask	Think about happy memories	Ate a relaxing meal family style	Try something new
Use positive self-talk	Worked at a personal hobby	FREE	Exercise	Spent time outside enjoying
Start a hobby or project	Use a stress ball	Take a shower	Read A Book	Talk to a friend
Play with a pet	Gave yourself a mani/pedi	Took 5 deep breaths	Wrote in a journal	Made some cocoa or tea

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Worked at a personal hobby	Ate a relaxing meal family style	Turn off the telephone for an hour	Listen to music	Think about happy memories
Play cards	Wrote in a journal	Take a time out	Gave yourself a mani/pedi	Try something new
Start a hobby or project	Exercise	FREE	Spent time outside enjoying	Ate a comforting food
Read A Book	Took 5 deep breaths	Went on an adventure	Made some cocoa or tea	Use a stress ball
Take a shower	Talk to a friend	Use positive self-talk	Used a face mask	Play with a pet

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Gave yourself a mani/pedi	Took 5 deep breaths	Ate a relaxing meal family style	Talk to a friend	Exercise
Went on an adventure	Start a hobby or project	Take a shower	Used a face mask	Take a time out
Use positive self-talk	Made some cocoa or tea	FREE	Use a stress ball	Read A Book
Worked at a personal hobby	Try something new	Turn off the telephone for an hour	Wrote in a journal	Play cards
Spent time outside enjoying	Ate a comforting food	Think about happy memories	Listen to music	Play with a pet