

Self Care Bingo

Volunteer	Arts and Crafts	Go for a walk	Talk to a friend	Pray
Do Yoga	Use positive self-talk	Read	Color	Take a shower
Use a stress ball	Workout	FREE	Dance	Muscle relaxation
Play cards	Think about happy memories	Play with a pet	Meditate	Punch a punching bag
Listen to music	Deep breathing	Take a break	Write in a journal	Eat Healthy

Self Care Bingo

Workout	Color	Talk to a friend	Do Yoga	Read
Go for a walk	Write in a journal	Pray	Deep breathing	Take a shower
Play cards	Dance	FREE	Muscle relaxation	Arts and Crafts
Meditate	Take a break	Volunteer	Eat Healthy	Think about happy memories
Play with a pet	Punch a punching bag	Use a stress ball	Use positive self-talk	Listen to music

Self Care Bingo

Deep breathing	Take a break	Color	Punch a punching bag	Dance
Volunteer	Play cards	Play with a pet	Use positive self-talk	Pray
Use a stress ball	Eat Healthy	FREE	Think about happy memories	Meditate
Workout	Take a shower	Talk to a friend	Write in a journal	Go for a walk
Muscle relaxation	Arts and Crafts	Read	Do Yoga	Listen to music