Self Care Bingo

Write down 3 good things	Accept an invitation	Exercise outdoors	Tell your best joke	Label your emotion
Decline an invitation	Write down 3 funny things	Listen to music	Apologise to a friend	Start a hobby or project
Write a to-do list	Write down your worries	**FREE**	Ask R U Ok?	Get 8 hours sleep
Go for a 20min walk	Try something new	Go for a walk	Forgive yourself	Let yourself cry
Focus on your breathing	Clean your room	Practice listening	Write in a journal	Drink 2L of water in a day

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Self Care Bingo

Write down your worries	Apologise to a friend	Tell your best joke	Decline an invitation	Listen to music
Exercise outdoors	Write in a journal	Label your emotion	Clean your room	Start a hobby or project
Go for a 20min walk	Ask R U Ok?	**FREE**	Get 8 hours sleep	Accept an invitation
Forgive yourself	Practice listening	Write down 3 good things	Drink 2L of water in a day	Try something new
Go for a walk	Let yourself cry	Write a to-do list	Write down 3 funny things	Focus on your breathing

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Clean your room	Practice listening	Apologise to a friend	Let yourself cry	Ask R U Ok?
Write down 3 good things	Go for a 20min walk	Go for a walk	Write down 3 funny things	Label your emotion
Write a to-do list	Drink 2L of water in a day	**FREE**	Try something new	Forgive yourself
Write down your worries	Start a hobby or project	Tell your best joke	Write in a journal	Exercise outdoors
Get 8 hours sleep	Accept an invitation	Listen to music	Decline an invitation	Focus on your breathing

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