

Self Care Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Sew or crochet
Go outside	Use a stress ball	Stretching	Cooking	Take a time out
Try something new	Workout	FREE	Dance	Pray or meditate
Punch a punching bag	Think about happy memories	Read	Play with a pet	Start a hobby or project
Play cards	Deep breathing	Take a shower	Write in a journal	Hug a tree

Self Care Bingo

Workout	Cooking	Talk to a friend	Go outside	Stretching
Listen to music	Write in a journal	Sew or crochet	Deep breathing	Take a time out
Punch a punching bag	Dance	FREE	Pray or meditate	Arts and Crafts
Play with a pet	Take a shower	Use positive self-talk	Hug a tree	Think about happy memories
Read	Start a hobby or project	Try something new	Use a stress ball	Play cards

Self Care Bingo

Deep breathing	Take a shower	Cooking	Start a hobby or project	Dance
Use positive self-talk	Punch a punching bag	Read	Use a stress ball	Sew or crochet
Try something new	Hug a tree	FREE	Think about happy memories	Play with a pet
Workout	Take a time out	Talk to a friend	Write in a journal	Listen to music
Pray or meditate	Arts and Crafts	Stretching	Go outside	Play cards