

Self-Care Bingo

MAKE A
GRATITUDE
LIST



START MY DAY
WITH POSITIVE
AFFIRMATIONS



CALL OR
TEXT WITH
FAMILY/FRIENDS



BAKE A
TREAT



COOK FOR
YOUR FAMILY



Practice
mindfulness



WATCH MY
FAVORITE
MOVIE



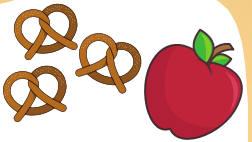
HAVE A DANCE
PARTY



LISTEN TO
MUSIC



TAKE A
SNACK BREAK



Be the reason
someone
smiles



Free

TRY A NEW
HOBBY



EXPRESS YOUR
FEELINGS



Have alone time

EXERCISE
IN A NEW WAY



WRITE
OR
DRAW



READ FOR
ENJOYMENT



MAKE SOMETHING
CRAFTY



Become a
pen pal



TELL JOKES
WITH YOUR
FAMILY



FIND SHAPES IN
THE CLOUDS



CREATE A DAILY
SCHEDULE



TECHNOLOGY-FREE
DAY

