

Self-Care Bingo

Had fun doing some exercise



Went outside



Used a coping skill



Brushed my teeth every day

Put on some nice clothes



Ate healthy food



Tried something new

Was helpful to someone



Drank water everyday



Talked to a friend

Listened to my body

Was kind to someone

Had a bath/shower



Took a break

Said three things I am grateful for

Thought about how I feel

Challenged negative thoughts



Practiced mindfulness



Asked for help

Did a good deed

Gave myself a compliment

Did something fun



Did a hobby

Did some breathing exercises

Had a good laugh