

Self-Care Bingo

 <p>EAT SOMETHING HEALTHY</p>	 <p>WATCH A MOVIE</p>	 <p>COLOR / DRAW / DOODLE</p>	 <p>ORGANIZE YOUR DAY</p>	 <p>GO FOR A HIKE</p>
 <p>FREE CHOICE</p>	 <p>GO FOR A WALK</p>	 <p>WRITE IN YOUR JOURNAL</p>	 <p>TAKE A WARM BATH</p>	 <p>FUN EXERCISE</p>
 <p>CALL A FRIEND</p>	 <p>DRINK MORE WATER</p>	 <p>STRETCH</p>	 <p>TURN OFF ELECTRONIC DEVICES</p>	 <p>DECLUTTER SOMETHING</p>
 <p>TAKE A NAP</p>	 <p>BREATHE DEEPLY</p>	 <p>LISTEN TO MUSIC</p>	 <p>GO TO BED EARLY</p>	 <p>HAVE A TREAT</p>
 <p>PLAY WITH A PET</p>	 <p>WRITE A THANK YOU CARD</p>	 <p>SPEND TIME IN THE SUN</p>	 <p>READ A BOOK</p>	 <p>MEET UP WITH A FRIEND</p>