

Self Care Bingo

READY TO LEVEL-UP YOUR SELF CARE GAME?
LET'S PLAY BINGO WITH YOUR WELL BEING

Get five in a row to win!

take a 10-min walk	read for 30 mins (can be a book or online)	Journal your thoughts. *Prompt- How was my week?	do a little dance in your room	went to the park this weekend
watch your favourite movie	take a relaxing bath	take yourself out for a sweet treat	listen to your favourite song	write a letter to your future self
listen to your favourite podcast	have a technology free day. Sorry, might be a hard one	create a vision board	cook a healthy meal	do a puzzle or a brain game
practice yoga/ stretching for 15 mins	spend 20 mins in nature	try a new tea or beverage	practice 10 positive affirmations	declutter a small space
go to a pet cafe	take a creative class- cooking/ painting	doodle or paint something	call a friend	do a random act of kindness

@Psychesnuggles