

SELF-CARE BINGO SHEET

Taking care of yourself doesn't have to be complicated, it can actually be a lot of fun! Use this bingo sheet to try out different ways to rest, recharge, and remind yourself that you matter. Whether you're moving your body, creating something new, or simply slowing down, each square is a step toward a healthier, happier you. How many can you check off this week?

Listen to a podcast	Create a playlist	Go for a walk	Read a book	Watch an episode of a show
Try a new hobby	Pray/talk to God	Journal	Paint a picture	Clean your space
Stretch your body	Wear your favorite fit		Try a new hobby	Challenge negative thoughts
Dance to your favorite song	Play sports with friends	Bake some cookies	Go to bed early	Write a letter to your future self
Teach a friend something you love	Spend time in nature	Write down a dream you have	Eat your favorite snack	Create a cozy space