

SELF-CARE BINGO

 CHALLENGED NEGATIVE THOUGHTS	LISTENED TO MY BODY	 BRUSHED MY TEETH	GOT DRESSED TODAY	 WENT OUTSIDE
 ASKED FOR HELP	 GOT SOME EXERCISE	TREATED MYSELF	 LET MYSELF CRY	SAT WITH MY FEELINGS
 TOOK A SHOWER	 Did Remote Learning	 STAYED HEALTHY	TRIED SOMETHING NEW	 ate healthy food
 DID A HOBBY	 talked to a friend	 HAD FUN	 got 7-9 hours of sleep	GOT STUFF DONE!
practiced self compassion	 DRANK WATER	 took a break	used a coping skill	 gave myself a compliment