















SELF-CARE BINGO

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