

SELF-CARE BINGO

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