



SELF-CARE BINGO

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