
















SELF-CARE BINGO

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