


SELF-CARE BINGO

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