

SELF-CARE BINGO

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