

# SELF-CARE BINGO

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