

Self Care Bingo



Go for a Walk	Relaxing Bath	Treat yourself to something Special	Read a Book	Day Trip
Get Dressed Up	Get Crafty	Start a Gratitude Journal	Go to Bed Early	Do a facial Massage
Yoga	Call a Friend	Free	Have a Pajama day	Exercise
Make an Affirmation List	Meditate	No Technology for 1 Day	Connect with Nature	List your Personal Goals
Pedicure	Celebrate your Wins	Dance	Nap	Mud Mask