

Self care bingo

TAKE A BATH	MEDITATE	TRAVEL PHOTO	SLEEP IN	UNPLUG
LIGHT A CANDLE	CUP OF TEA	READ A BOOK	BAKE SOME TREATS	SIT QUIETLY
AT HOME WORKOUT	GO FOR A RUN	WATCH A MOVIE	EAT A HEALTHY SNACK	GO FOR A WALK
LISTEN TO MUSIC	GET CRAFTY	PHONE A FRIEND	TRY A NEW RECIPE	JOURNAL
DANCE	DO YOGA	TAKE A NAP	DRAW	WATCH THE SUNSET