

SELF-CARE BINGO

Let's make your self-care ritual more fun with this self-care bingo game with ideas to take care of YOU!

LAUGH
LOUD &
HARD

NO
SCREENS
FOR A DAY

SAY NO

DO
SOMETHING
CREATIVE

ORGANIZE
YOUR SPACE

MEDITATE
FOR 10 MINS

CHUG A
GLASS OF
WATER

LIST 10
THINGS YOU
LOVE ABOUT
YOURSELF

TAKE A
WALK