

# SELF-CARE BINGO

Write in your gratitude Journal	DANCE	HAVE A WARM SHOWER	Enjoy a colourFULL meal	DECLUTTER YOUR SPACE
LISTEN TO A PODCAST	GO FOR A WALK	PICK A FLOWER	Drink Water	CALL A CLOSE FRIEND
Do a hobby	Ask for help	Try something new	GIVE A HUG	READ A BOOK
Treat yourself	MOVE YOUR BODY	STRETCH	Do something creative	LISTEN TO MUSIC
Be in bed by 9pm	Give your fur babies some love	Drink Tea	No social media today	WATCH A FEEL GOOD MOVIE