

# SELF-CARE BINGO

Take a warm bath	Read a book	Pamper yourself	Go for a walk
Drink water	Meditate	Mindful colouring	Write 5 positive affirmations
Watch your programmes	Get creative	Declutter a space	Exercise
Compliment yourself and say it out loud	Create a gratitude list	Make a list of goals	Social media detox

Print this off or create your very own Self-Care bingo.  
Once you have completed a self-care task, colour it in.  
Set yourself an overall reward for completing all your self-care tasks.