

Self Care Bingo

Exercise outdoors	Go for a walk	Decline an invitation	Write down your worries	Try something new
Write in a journal	Write down 3 funny things	Tell your best joke	Go for a 20min walk	Ask R U Ok?
Practice listening	Focus on your breathing	FREE	Let yourself cry	Apologise to a friend
Drink 2L of water in a day	Get 8 hours sleep	Write a to-do list	Label your emotion	Accept an invitation
Forgive yourself	Start a hobby or project	Clean your room	Write down 3 good things	Listen to music

This bingo card was created randomly from a total of 24 events.

Accept an invitation, Apologise to a friend, Ask R U Ok?, Clean your room, Decline an invitation, Drink 2L of water in a day, Exercise outdoors, Focus on your breathing, Forgive yourself, Get 8 hours sleep, Go for a 20min walk, Go for a walk, Label your emotion, Let yourself cry, Listen to music, Practice listening, Start a hobby or project, Tell your best joke, Try something new, Write a to-do list, Write down 3 funny things, Write down 3 good things, Write down your worries, Write in a journal.

Self Care Bingo

Go for a walk	Exercise outdoors	Write a to-do list	Write down 3 funny things	Practice listening
Write down your worries	Ask R U Ok?	Let yourself cry	Accept an invitation	Apologise to a friend
Focus on your breathing	Get 8 hours sleep	FREE	Write down 3 good things	Drink 2L of water in a day
Listen to music	Forgive yourself	Label your emotion	Write in a journal	Decline an invitation
Tell your best joke	Clean your room	Start a hobby or project	Go for a 20min walk	Try something new

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