

SELF-CARE

Bingo

Take a moment to reflect on the self-care you have done this week

Spent time
outside

Got enough
sleep

Stayed
hydrated all
day

Read a good
book


Checked in on
someone I
care about

Spent time
with a pet

Cooked
something
tasty for
myself

Asked for help
when I needed
it

Went for a
walk



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Take a moment to reflect on the self-care you have done this week

Cleaned and
organised

Listened to
music

Stretched

Learned
something
new

Said thank
you to
someone

Enjoyed a
bath or long
shower

Took time off
social media

Treated
myself

Spent time
with chosen
family or
friends