

Self-Care BINGO

Give yourself a little love and lift others too
—one joyful moment at a time.

How it Works:

- Pick a square that feels good today.
- Mark it with    —whatever makes you smile!
- Go for one row... or fill the whole card!



B I N G O

Stretch
for 5
mins

Share
kind
words

Recall
happy
moment

Clean
your
bed

Take 3
deep
breaths

Drink
water
mindfully

Whisper
kind
thoughts

Take a
look at
the sky

Listen to
your fave
music

Write one
win for
today

Go for a
quick
walk

Send a
smile
emoji

**DOERS
RESET**

List three
blessings
received

Say "I am
proud of
myself"

Say "I did
my best
today"

Find
shapes in
clouds

Hug
yourself
gently

Savor a
Simple
Task

Feel your
breath

Enjoy a
drink

Greet
with
kindness

Listen to
nature

Rest
without
guilt

Celebrate
a small
win

Try to get at least one line for a "**BINGO!**"
but if you can, aim for a full card.
BINGO! BINGO! BINGO!

