

**Resources**

# Self-care bingo

Ate something delicious	Did something I've been putting off	Made a healthy food choice	Spoke to someone I trust	Took a nap
Said "no" to something when I was busy	Practised mindfulness or yoga	Played a game	Watched a movie or TV show	Made a to-do list or organised something
Listened to music	Made a gratitude list	Pampered myself	Volunteered my time	Got creative with art materials
Took quiet time	Spent quality time with someone I love	Tried something new	Exercised	Had a hot drink
Read a book or magazine	Spent time outside	Went to bed early(ish)	Took a relaxing bath	Cut myself some slack