

# WEEKDAY SELF CARE BINGO

BRUSH &  
FLOSS

TEN  
deep  
BREATHS

PLAY  
WITH A  
PET

*Get out of*  
**BED**

**USE**  
A COPING  
**SKILL**

**FIVE**  
GLASSES  
OF WATER

TAKE  
MEDICATION

5 MINUTE  
*dance party*

STAND  
IN THE  
SUNSHINE

COMPLETE  
A WORK  
**TASK**

GO FOR  
A WALK

**SHOWER**  
**dress**  
*make up*

♥ *Love* ♥  
*yourself*  
♥ ♥

complete  
**ONE**  
household  
**cho**re

LISTEN  
TO FAVE  
SONG

ACCOMPLISH  
**1 TO-DO**  
LIST ITEM

CHAT  
WITH FRIENDS

**WATER**  
**PLANTS**

*enjoy*  
a cup of  
*coffee*

**REPLACE**  
**NEGATIVITY**  
WITH POSITIVITY

*eight*  
HOURS OF  
**SLEEP**

MAKE TIME  
FOR YOGA

**HUG**  
*someone*

CHALLENGE  
NEGATIVE  
THOUGHTS

**DO**  
SOMETHING  
*nice*