Self-care BINGO

Ate a nice meal	Caught up with a friend	Read a good book	Had a good night's sleep	Worked out
Tried something new	Spent time in nature	Pampered myself	Stretched	Had a shower
Took a nap	Went on a walk	**FREE SPACE**	Had fun	Asked for help
Drank water	Snuggled up	Watched the sun set	Meditated	Practised positive self-talk
Enjoyed arts & crafts	Took a break	Listened to music	Did a hobby	Played a game

twinkl Party