



SELF-CARE *Bingo*



Making **YOURSELF** a priority is just as important as making your family one!

This is not your regular BINGO game. With this version, you win by marking off any square at all. You can also mark off the same square over and over again if that's what makes you happy. You can pick any column and square you enjoy to fit your needs and likes. If you still want to aim for 5 squares in a row and certain items aren't your jam, then cross things off and create your own self-care adventure.

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	ASKED FOR HELP	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	WENT FOR A WALK	LISTENED TO MY FAVORITE SONG
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	HUGGED MY CHILDREN	HAD A GOOD LAUGH
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION



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