Self Care BiNgo

Went for a **walk**	**Cleaned** out a junk drawer or closet	Read a book	Did a crossword puzzle	Wrote in a journal
Got **8 hours** of sleep	Tried a new activity	Wrote down five things you are grateful for	Meditated	Went for a **bike ride**
Watched a movie	**Listened** to music		**Called a friend** on the phone	Took a nap
Made a healthy meal	Showered or bathed	Tried Yoga	Wore an outfit that **makes you feel great**	Spent time with family
Learned something new about a topic that interests you	Enjoyed a boardgame or puzzle	Went to bed early or slept in late	Explored your city/town or checked out a museum	Watched the sunrise or sunset