

SELF-CARE BINGO

I BRUSH MY TEETH EVERY MORNING AND NIGHT.

I LIKE TO READ A BOOK BEFORE BEDTIME.

POSITIVE AFFIRMATIONS BOOST MY SELF-ESTEEM.

YOGA AND STRETCHING MAKE ME FEEL REFRESHED.

I TRY TO LIMIT SCREEN TIME FOR A BETTER BALANCE.

LISTENING TO MY FAVORITE MUSIC IS RELAXING.

I EAT FRUITS AND VEGETABLES TO STAY HEALTHY.

I KEEP A JOURNAL TO EXPRESS MY THOUGHTS AND FEELINGS.

A CUP OF HERBAL TEA IS SOOTHING BEFORE BEDTIME.

