

# Self-Care



**SNOHOMISH COUNTY**  
HEALTH DEPARTMENT

B	I	N	G	O
Read for fun	Took a break from social media	Volunteered	Ate my favorite meal	Tried something new
Ate a fruit	Contacted a friend	Asked for help	Went for a walk	Did a random act of kindness
Got enough sleep	Stretched	<b>FREE SPACE</b>	Got rid of things I wasn't using	Met up with a friend
Exercised	Set a goal	Ate a vegetable	Took a nap	Gave myself a compliment
Created a playlist	Practiced gratitude	Decluttered my space	Wrote in my journal	Spent time outside

## TYPES OF BINGOS

B	I	N	G	O
●	●	●	●	●
●	●	●	●	●
●	●	■	●	●
●	●	●	●	●
●	●	●	●	●

**Blackout**

B	I	N	G	O
●	□	□	□	●
□	□	■	□	□
□	□	□	□	□
□	□	□	□	□
□	□	□	□	□
●	□	□	□	●

**Four Corners**

B	I	N	G	O
●	●	●	●	●
●	□	□	□	●
●	□	■	□	●
●	□	□	□	●
●	□	□	□	●
●	●	●	●	●

**Frame**

B	I	N	G	O
●	□	□	□	●
●	□	□	□	□
●	□	■	□	□
●	●	●	●	●
●	□	□	□	□
●	□	□	□	□

**One Line**