

# Self-Care BINGO

DIRECTIONS: Write a self-care idea in each square. Mark off a square as you complete it. The first one to BINGO wins.

|  |  |      |  |  |
|--|--|------|--|--|
|  |  |      |  |  |
|  |  |      |  |  |
|  |  | Free |  |  |
|  |  |      |  |  |
|  |  |      |  |  |

You gotta *nourish* to *flourish*!