



Self-Care Bingo for Parents & Caregivers

Check off small acts of care that help you feel nurtured and present

Went to bed early	Asked for help	Took 5 deep breaths	Took a screen break	Ate lunch without multitasking
Stepped outside for 5 minutes	Did something creative	Said no to something draining	Had a real conversation	Revisited an old favorite (Book, movie, song)
Drank water before coffee	Did something just for fun	Gave myself grace	Moved my body	Celebrated a small win
Listened to music I love	Wrote down 3 things I'm grateful for	Did nothing-and didn't feel guilty	Reached out to a friend	Let go of something important
Had a hot drink while it was still hot	Took a break without cleaning	Complimented myself	Turned off notifications for 1 hour	Laughed with my child