

Grown-up Self-Care Bingo

**Drank a hot tea
while hot**



**Five minutes
outside**



Early night



**Laughed at
something**



**Said no to
something**



**Messed a
friend**



**Ate something nice
sitting down**



**Listened to a
favourite song**



Asked for help



No prizes, just a reminder that you matter too.

A little place for big feelings.