



Self-Care Bingo for Teens!

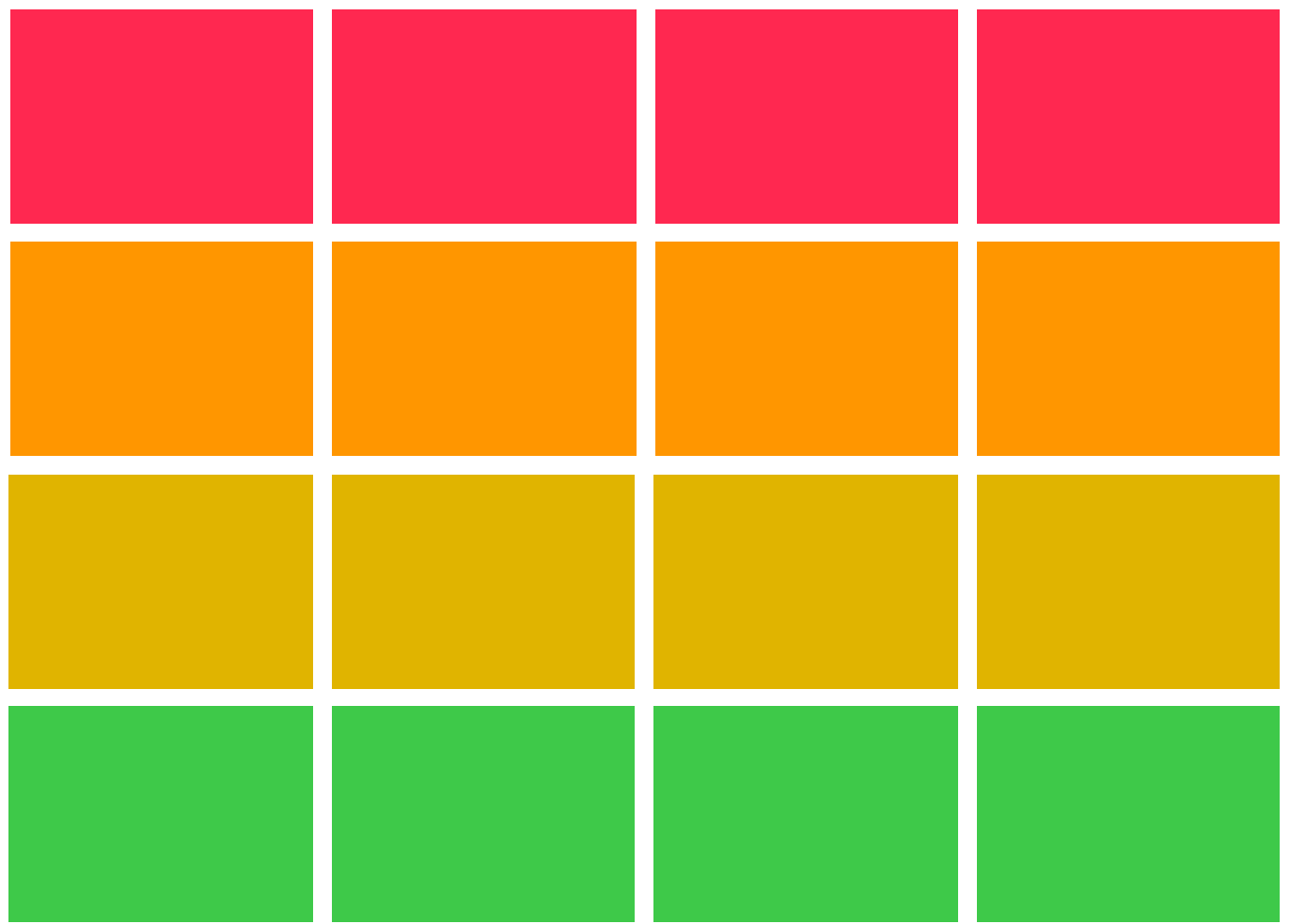
Wash Your Face	Actually Go to Bed at the Time I Said I Would	Go for a 30min Walk (with parent permission)	Eat Breakfast, Lunch AND Dinner for a Full Week
Tell Myself a Positive Affirmation in the Mirror	Enjoy a Night Home with the Family	Say "No" to Something I Don't Want to Do (*NOTE: NOT chores)	Watched a TV Show Without Being on My Phone AT ALL
Turn My Social Media Notifications OFF	Do My Homework	Tell Someone How Thankful I am For Them	Clean My Room
Stretch	Snack on Some Fruit or Veggies	Do a Random Act of Kindness for Someone	Meditate or Do A Mindful Activity

TREAT YO' SELF!

Watch an episode of the series I'm watching	Paint My Nails	Read a Chapter of a Book I'm reading for fun	Watch a YouTube video I saved
Complete a Jigsaw Puzzle	Play 30min of My Favorite Video Game	Take a Nap	Enjoy a Nice Bubble Bath or Shower



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