



# Petal & Paper

YOUR FREE PRINTABLE

## Self-care bingo card



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S E L F - C A R E   B I N G O

# BINGO

## Row 1

8 hours sleep  
Morning walk  
Read 30 mins  
Hot bath  
Phone-free hour

## Row 2

Cook from scratch  
Call a friend  
Stretch 10 mins  
Declutter one space  
Write in journal

## Row 3

Drink 2L water  
Nap guilt-free  
FREE SPACE  
Watch favourite film  
Say no to something

## Row 4

Eat a proper breakfast  
Step outside at lunch  
Write 3 gratitudes  
Do nothing for 20 mins  
Fresh flowers or plants

## Row 5

Early bedtime  
Leave work on time  
Move your body  
Treat yourself  
Tell someone you love them