



Creative Self-Care Bingo

Explore joy, play, and self-expression
—one square at a time.

CREATIVE SELF-CARE BINGO

Welcome to Your Creative Self-Care Bingo!

This bingo board is your invitation to explore joy, play, and self-expression: one square at a time.

There's no pressure to complete it all, and no "right" way to begin. Just follow your curiosity and let creativity meet you where you are.

The activities are *suggestions*, not rules. Feel free to swap them out, skip around, or make up your own. This is your space to play.

You'll find two versions of the bingo card:

- One with a soft watercolour background for a little visual calm
- One with a plain background for easy printing or decorating

There's also a blank version if you'd like to create your own personalised bingo board. Let it be as structured or spontaneous as you need.

Above all, have fun with it. Creativity is self-care, and you deserve both.

With warmth,

Cherie



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CREATIVE SELF-CARE BINGO

Pick a square, any square!

There's no right way to play, just follow your curiosity. Mark off what you try, and celebrate every moment of creative self-care.

Doodle your mood	Rearrange a shelf or space	Write a haiku	Try a new recipe	Make a playlist
Take a photo walk	Colour for 10 minutes	Journal with no filter	Make a collage	Dance to one song
Write a letter to your future space	Try a new pen or brush	Free space: Do anything creative!	Create a vision board	Decorate your planner
Invent a holiday	Draw with your non-dominant hand	Make something special	Try blackout poetry	Play with washi or stickers
Write a seilly story	Paint with your fingers	Create a "joy" jar	Make a bookmark	Try a new creative app/tool

Creativity is self-care. There's no wrong way to play.

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