

Self-Care Bingo

Try something new	Appreciate small steps towards goals	Get a manicure	Take a 10 min exercise break	Play a game
Deep breathing for 1 min	Try a new recipe	Spend time with family	Cook/Bake	Spend time with pet(s)
Take time out from tech	Watch a TED talk	FREE	Create something	Listen to relaxing music
Make time for hobby	Take a bath	Meditate for 10 minutes	Jump in a puddle	Read a book
Get a pedicure	Dance in the rain	Spend time with friend(s)	Watch a movie	Enjoy nature for 20 min

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Watch a TED talk	Cook/Bake	Take a 10 min exercise break	Deep breathing for 1 min	Spend time with family
Get a manicure	Watch a movie	Play a game	Dance in the rain	Spend time with pet(s)
Make time for hobby	Create something	FREE	Listen to relaxing music	Appreciate small steps towards goals
Jump in a puddle	Spend time with friend(s)	Try something new	Enjoy nature for 20 min	Take a bath
Meditate for 10 minutes	Read a book	Take time out from tech	Try a new recipe	Get a pedicure

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Dance in the rain	Spend time with friend(s)	Cook/Bake	Read a book	Create something
Try something new	Make time for hobby	Meditate for 10 minutes	Try a new recipe	Play a game
Take time out from tech	Enjoy nature for 20 min	FREE	Take a bath	Jump in a puddle
Watch a TED talk	Spend time with pet(s)	Take a 10 min exercise break	Watch a movie	Get a manicure
Listen to relaxing music	Appreciate small steps towards goals	Spend time with family	Deep breathing for 1 min	Get a pedicure