

Self-Care Bingo

Watch a movie	Appreciate small steps towards goals	Listen to relaxing music	Time in nature	Spend time with friend(s)
Enjoy nature for 20 min	Watch a TED talk	Take a 10 min exercise break	BREATHE	Take time out from tech
Try something new	color	FREE	Dance in your living room	Play a game
Read a book	Try a new recipe	Spend time with family	Meditate for 10 minutes	Spend time with pet(s)
Make time for hobby	Deep breathing for 1 min	Take a bath	stretch for 5 minutes	Get a manicure

Self-Care Bingo

color	BREATHE	Time in nature	Enjoy nature for 20 min	Take a 10 min exercise break
Listen to relaxing music	stretch for 5 minutes	Spend time with friend(s)	Deep breathing for 1 min	Take time out from tech
Read a book	Dance in your living room	FREE	Play a game	Appreciate small steps towards goals
Meditate for 10 minutes	Take a bath	Watch a movie	Get a manicure	Try a new recipe
Spend time with family	Spend time with pet(s)	Try something new	Watch a TED talk	Make time for hobby

Self-Care Bingo

Deep breathing for 1 min	Take a bath	BREATHE	Spend time with pet(s)	Dance in your living room
Watch a movie	Read a book	Spend time with family	Watch a TED talk	Spend time with friend(s)
Try something new	Get a manicure	FREE	Try a new recipe	Meditate for 10 minutes
color	Take time out from tech	Time in nature	stretch for 5 minutes	Listen to relaxing music
Play a game	Appreciate small steps towards goals	Take a 10 min exercise break	Enjoy nature for 20 min	Make time for hobby