

Self-Care Bingo

make art	Appreciate small steps towards goals	Listen to relaxing music	Watch a movie	Take time out from tech
Enjoy nature for 20 min	go to the gym	Try a new recipe	BREATHE	Watch a TED talk
color	stretch for 5 minutes	FREE	Dance in your living room	Spend time with pet(s)
Take a 10 min exercise break	bake	Take a bath	Spend time with friend(s)	Time in nature
Spend time with family	Deep breathing for 1 min	Try something new	take a walk	Get a manicure

Self-Care Bingo

stretch for 5 minutes	BREATHE	Watch a movie	Enjoy nature for 20 min	Try a new recipe
Listen to relaxing music	take a walk	Take time out from tech	Deep breathing for 1 min	Watch a TED talk
Take a 10 min exercise break	Dance in your living room	FREE	Spend time with pet(s)	Appreciate small steps towards goals
Spend time with friend(s)	Try something new	make art	Get a manicure	bake
Take a bath	Time in nature	color	go to the gym	Spend time with family

Self-Care Bingo

Deep breathing for 1 min	Try something new	BREATHE	Time in nature	Dance in your living room
make art	Take a 10 min exercise break	Take a bath	go to the gym	Take time out from tech
color	Get a manicure	FREE	bake	Spend time with friend(s)
stretch for 5 minutes	Watch a TED talk	Watch a movie	take a walk	Listen to relaxing music
Spend time with pet(s)	Appreciate small steps towards goals	Try a new recipe	Enjoy nature for 20 min	Spend time with family