

Self-Care Bingo

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

Self-Care Bingo

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

Self-Care Bingo

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