

Self Care Bingo

Paint or draw	Stretch in the morning to start your day	Get a new plant	Read a book purely for enjoyment	Do something special for a coworker
Take a movement break at lunch	Make a new playlist	Plan a fun activity or theme for a staff meeting	Visit a local small business	Declutter an area of your home or classroom
Clean or refresh your work space	Try a new fitness routine		Watch a new movie or series	Schedule time with a loved one outside
Spend quality time with friends and family	Try a new recipe	Do a random act of kindness for a stranger	Listen to a new podcast	Take a nap
Visit a local park or museum	Watch a sunrise or sunset	Unplug with a no technology day	Treat yourself to something special	Show appreciation for someone in your life

