

Self-care Bingo

Go outside and take some deep breaths.	Write an encouraging note to yourself and someone else.	Watch a funny video on Youtube or TikTok.	Make a to do list (personal or professional) and prioritize.	Make an uplifting music playlist.
Color or doodle during your lunch or break. (justcolor.net)	Make a list of 3 bright spots or achievements from this past week.	Put on a favorite song and sing along, lip sync, or have a dance party.	Straighten up and organize your workspace.	Discuss your plans for the weekend with someone. See what they are doing.
Write a thank you note or 2 or 3 to someone.	Pamper yourself, indulge in something positive.	Finish something that you've been putting off.	Make a paper airplane and see how far you can get it to fly.	Do 5 yoga poses, to stretch and relax your body. There are a lot of examples online for all skill levels.
On Snapchat, try out the different filters. (You don't have to send any, they are fun to play around with.)	Get a healthy snack.	Write 10 things you are grateful for.	Print out a favorite quote, mantra, or intention to display where you can see it often.	Watch a motivational video or TedTalk.
Go for a walk.	Read for enjoyment.	List 5 favorite things about yourself, 4 things that make you laugh, 3 favorite snacks, 2 places you'd like to travel, and 1 of your favorite hobbies.	Try a 5 minute meditation on Youtube.	Try a new recipe.

