

Self-care

B I N G O

Take a walk outside	Play a board or card game 	Wear your favorite outfit	Get a good night's sleep 	Send a thank you note
Read a book 	Drink 8 glasses of water	Color a picture	Learn a new skill	Take a break from screens
Give yourself a compliment	Take a bubble bath 		Write down 3 good things that happened	Play with your pet 
Take a dance break 	Support a small business	Listen to a new podcast	Call a friend or family member	Do a puzzle 
Empty your junk drawer	Start an indoor garden 	Eat a well-balanced meal	Take yoga on YouTube 	Practice positive affirmations