

SELF-CARE BINGO

Spring Edition!

Go for a walk in the sunshine!	Send a card to someone	Sleep in OR Take a nap	Try a new recipe	Read a book
Color, Draw, or Doodle	Relax on the patio.	Listen to music	Enjoy a mocktail/ cocktail	Do some gardening
Organize your sock drawer	Cross something off your to-do list	Free Space	Buy yourself flowers	Unplug for one hour
Take a wellness class (yoga, pilates, Zumba, etc.)	Take 10 Deep Breaths	Savor something sweet	Watch a movie with a happy ending!	Watch the sunset/ sunrise
Touch base with a friend	Play a game outdoors (golf, tennis, hopscotch, etc.)	Work on a puzzle	Listen to a podcast	Journal