

## Quarantine Self-Care Bingo ☀️

When you are done with a square, remove the text and replace it with a picture! 5 in a row gets BINGO!

Go for a walk, run, or bike ride	Read for at least 30 minutes	Complete a skin care routine	Take a nap	Meditate or do a mindfulness activity (color, stretch, breathing exercises) for 10 minutes
Cook or bake something	Drink enough water for the day (half of your body weight in oz.)	Do a random act of kindness	Write a letter or card to someone (bonus points for mailing it!)	Organize something (room, drawer, closet, playlists, etc.)
Go to bed <b>OR</b> wake up two hours earlier than you normally do	Watch your favorite movie or TV show	FREE ★ SPACE	FaceTime or Zoom with a friend or family member	Write for at least 30 minutes
Create a bucket list	Delete all social media for at least 24 hours	Clean your room	Keep a dream journal - try and write down all of your dreams for a week	Make a scrapbook or "happiness box" (Mine is a shoebox full of cards, ticket stubs, plane tickets, notes, awards, etc. - any happy memory!)
Kick your feet up and do nothing for 10 minutes!	Light a candle and/or use an oil diffuser	Write a gratitude list of 10 things you are thankful for	Drink a cup of tea	Complete at least 3 chores (laundry, dishes, trash, etc.)