



Self-Care Bingo

- This is not your regular BINGO game.
- With this version, you win by marking off any square at all.
- You can also mark the same square over and over again, if that's what best fills you up.

Breaks & Boundaries

Inward & Intentions

Nourish & Nothing

Grace & Gratitude

Outward & Options

decluttered my workspace so I have more room to breathe	had quiet time by myself	ate three healthy meals today	told myself "good job!" for any wins, no matter how small	learned or did something new just for fun
set a reminder to slow down and breathe deeply several times a day	took short breaks throughout the day and decompressed	drank half my weight in water today	adjusted my expectations for myself, my family, and my students	connected with my loved ones
spent time in prayer telling God my needs and feelings	wrote down special time for myself on my planner	<i>did nothing but rested</i>	practiced gratitude to God, my family and those around me	played in a way that filled my happy bucket
spent extra time in nature	released some of my inner thoughts and feelings by journaling	moved my body in a way that felt good and healthy	practiced self-compassion when things felt hard or I made mistakes	went offline for the day (or part of the day)
set a time limit for work and stopped when it was done	practiced being present in the moment and appreciated what was going on around me	got the amount of sleep that I need to be fully rested	was gentle with myself and gave myself grace	read for fun

