

# Self Care Bingo Challenge for Educators

B	I	N	G	O
Try <u>Chair Yoga</u>	Take a day off from social media	Put a puzzle together	Play a board/card game with someone	Take up a new hobby
Write down five things you are grateful for	Bake a treat	Read an article or book for fun	Take a nap	Go outside for a change in scenery
Make a positive phone call to a colleague	Take 5 photos of things that bring you joy	<b>FREE SPACE</b>	<u>Practice mindfulness</u>	Watch your favorite movie
Watch mindless TV	Learn something new	Text a friend to tell them you are thinking of them	Do a random act of kindness	Take a drive to get out of the house!
Stay hydrated all day	Take a walk, hike or run	Watch a sunrise or sunset	FaceTime a friend	Listen to music