Self-Care Challenge BINGO Board

As you complete each square on your BINGO board, color in the square or place a sticker on it. When your board is full, take a picture of it! Submit it _____

Due by: _____

Take a walk, go for a run, or ride your bike!	Rest for thirty minutes.	Have your favorite beverage!	Spend an hour outside.	Go to bed early.
Disconnect from social media for a day.	Prepare a healthy meal.	Tidy your workspace.	Call or video chat with a friend.	Turn off your phone or place it in another room for one hour.
Go to bed early.	Read something you want to read for enjoyment.	Free space!	Create a routine to separate your workday from your personal time.	Move your body! Exercise, do yoga, or dance.
Do something you want to, just because!	Turn off your phone or place it in another room for one hour.	Spend an hour outside.	Go to bed early.	Take a walk, go for a run, or ride your bike!
Have your favorite beverage!	Call or video chat with a friend.	Move your body! Exercise, do yoga, or dance.	Prepare a healthy meal.	Do something you want to, just because!