

**Looking for a way to practice self-care  
and track your progress?**

# **Self-Care** **BINGO**

## **Instructions**

With 75 activities to choose from, you can create your own personalized bingo card and challenge yourself to try new things, such as limiting your screen time or trying a new food.

As a team, decide when to do a self-care check-in, whether it's a week or a month after filling out your bingo cards. Then, on check-in day draw activities from a container or use a random generator.

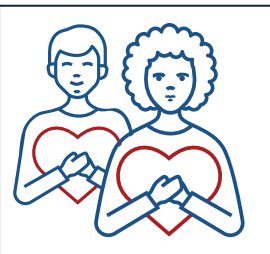
Call out activities like "Rest." If you have that activity on your bingo card AND you've completed it, mark it off.

Keep playing until someone gets bingo! It's a great way to care for yourself and have fun with your team.

# Self-Care

# B I N G O

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Ate Lunch  
With A  
Co-Worker

Spent Time  
With A Pet

Laughed  
Alone

Paused For A  
Moment

Treated  
Myself

Rested

Went To  
Bed At A  
Resonable  
Time

Decluttered

Did  
Something  
New

Watched  
Favorite  
Movie

Ended  
Meeting On  
Time

Honored My  
Limits

Took 15  
Minutes For  
Myself

Spent Time  
Moving

Listened To  
Podcast

Tried New  
Food

Sat In Silence

Said No

Accepted  
Support

Walked Away  
From Desk

Can Name 1  
Accomplish-  
ment

Smiled

Spent Quality  
Time With  
Someone  
I Love

Ate Lunch  
With A Friend

Identified A  
Stressor

Laughed With  
Someone

Forgave  
Myself

Made  
Someone  
Smile

Stretched

Danced

Did Not  
Overload Self

Rewared  
Myself

Deescalated  
From Day

Put Myself  
First

Made A  
GratitudeList

Tried A Hobby

Played  
Favorite  
Music

Ate Lunch At  
New Spot

Hungout With  
Family

Enforced A  
Boundary

Motivated  
Myself

Talked With A  
Friend

Ate  
Something  
New

Got Enough  
Sleep

Valued Myself

Vented  
Frustrations

Exercised

Limited My  
Screen Time

Set A  
Boundary

Asked For  
Help

Completed A  
Health Check  
Up

Planned  
Ahead

Wore Favorite  
Outfit

Journalled

Made Myself  
Happy

Watched  
Favorite TV  
Show

Stayed  
Organized

Read A Book

Screamed

Had Fun

Compliment-  
ed Myself

No Working  
Lunch

Avoided  
Perfectionism

Gave Myself  
Grace

Said An  
Affirmation

Developed A  
Routine

Did  
something  
I've Been  
Putting Off

Said "I'm  
Proud of  
Myself"

Looked At  
Nature

Did Nothing

Said  
Something  
Nice About  
Myself

Took A Full  
Lunch

Delegated

Ate My  
Favorite Meal

Used PTO

Ate Lunch With A Co-Worker

Made A Gratitude List

Stayed Organized

Deescalated From Day

Valued Myself

Treated Myself

Ended Meeting On Time

Had Fun

Put Myself First

Vented Frustrations

Did Something New

Honored My Limits

Avoided Perfectionism

Went To Bed At A Reasonable Time

Exercised

Took 15 Minutes For Myself

Listened To A Podcast

No Working Lunch

Tried A Hobby

Limited My Screen Time

Sat In Silence

Ate Lunch With A Friend

Read A Book

Said Something Nice About Myself

Took A Full Lunch

Walked Away From Desk

Said An Affirmation

Identified A Stressor

Played Favorite Music

Screamed

Wore Favorite Outfit

Paused For A Moment

Laughed With Someone

Ate Lunch At New Spot

Did Nothing

Spent Time With A Pet

Set A Boundary

Forgave Myself

Hungout With Family

Looked At Nature

Rested

Decluttered

Made Someone Smile

Enforced A Boundary

Watched Favorite TV Show

Watched Favorite Movie

Planned Ahead

Did Something I Put Off

Delegated

Developed Routine

Spent Time Moving

Tried New Food

Stretched

Motivated Myself

Can Name One Accomplishment

Said No

Made Myself Happy

Danced

Talked With A Friend

Smiled

Accepted Support

Asked For Help

Did Not Overload Self

Ate Something New

Spent Quality Time With Someone I Love

Gave Myself Grace

Completed A Health Check Up

Rewarded Myself

Got Enough Sleep

Used PTO

Laughed Alone

Journalled

Said "I'm Proud Of Myself"

Complimented Myself

Ate My Favorite Meal