

Self-Care

Bingo

Go out and
visit a
friend

Exercise

Go for a
long walk
someplace
that's
peaceful

Lie in the
sun

Sleep or
take a nap

Dance

Cook your
favorite
dish or
meal

Watch a
funny
movie

Listen to a
podcast

Research a
topic of
interest

Go out for
something
to eat

Clear your
email
inbox


FREE
SPACE

Go
shopping

Go to a
bookstore
and get a
new book

Pray or
meditate

Volunteer
for a cause
you
support

Sing or
learn how
to sing

Write a
short story

Draw a
picture

Flip
through
old photo
albums

Take
photographs


Upcycle or
creatively
reuse old
items

Organize
your
wardrobe

Have a
warm drink

Self-Care

Bingo

		 FREE SPACE		