



Self-Care BINGO Card

Aim to complete the activities in a row (horizontally, vertically or diagonally) to see how many BINGOs you can get! Only count ONE activity per day towards your BINGO. Record the date you completed each activity.

B	I	N	G	O
Enjoy nature for 20 minutes DATE _____	Try guided meditation DATE _____	Watch a favorite movie DATE _____	Use your break to take a brisk walk DATE _____	Explore the Here4TN website DATE _____
Listen to relaxing music DATE _____	Take a 1-hour break from technology DATE _____	Spend time with loved ones DATE _____	Watch a TED talk DATE _____	Take time to relax (take a bath, be outside, etc.)
List 5 (or more) things you are grateful for DATE _____	Read for enjoyment DATE _____	Free Space	Make a SMART goal related to self-care DATE _____	Try a new recipe DATE _____
Play a favorite game DATE _____	Take 10 deep breaths DATE _____	Schedule a stretch break every day for 1 week DATE _____	List 5 (or more) things you love about yourself DATE _____	Spend time with pet(s) &/or watch a funny video DATE _____
Do a quick stretch break at your desk DATE _____	Recruit someone to join you for a walk DATE _____	Pamper yourself (unplug, get a massage, etc.) DATE _____	Get 7-9 hours of sleep DATE _____	Take time for a hobby DATE _____

