

# Be Kind to Yourself Bingo

I dropped my shoulders and took 10 deep breaths.

I enjoyed a favorite snack or meal.



I ended my day by writing three things I'm grateful for.



I exercised for at least 30 minutes today.

I had a screen-free morning.



I reached out to an old student or colleague to see how they're doing.

I made an appointment that I've been putting off.

I took time to do something special for myself today.



I got some extra sleep.

I took a walk outside and stopped to enjoy nature.



I said no to something I didn't want to do.



I took up an old hobby again or found a new one.



FREE



I had a "no plans" day.



I danced and sang along to my favorite song.

I took a few minutes to feel what I am feeling at the moment.

I read a new book for fun.



I made time to connect with a loved one.

I let go of something that was cluttering my space.

I drank a good cup of coffee or tea.

