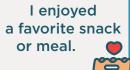


## Be Kind to Yourself Bingo

I dropped my shoulders and took 10 deep breaths.



%

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



I exercised for at least 30 minutes today.

I had a screenfree 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 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.

