

# Kindness Month SELF CARE BINGO

|                              |                                    |  |                              |                             |
|------------------------------|------------------------------------|--|------------------------------|-----------------------------|
| Take a 10-Minute Walk        | Meditate for 5 Minutes             | Drink a Glass of Water   | Read a Chapter of a Book     | Write in a Journal          |
| Listen to Your Favorite Song | Stretch for 5 Minutes              | Call or Text a Friend  | Take a Short Nap             | Create a To-Do List         |
| Do a Creative Activity       | Practice Deep Breathing            | FILL IN AN ACT OF KINDNESS!<br> | Watch a Funny Video          | Try a New Hobby             |
| Spend Time in Nature         | Declutter a Small Space            | Practice Positive Affirmations   | Take a Warm Bath             | Watch the Sunrise or Sunset |
| Volunteer for a Cause        | Write a Letter to Your Future Self | Laugh Out Loud   | Reflect on a Positive Memory | Dance to Your Favorite Song |