Self-Care BINGO

**How to Play:**

1. Download a PDF copy of the Self-Care BINGO card.
2. Briefly describe what you did for each step you completed, below the card. You can type directly on the Word file, or print out either the PDF or Word file and hand-write your steps.
3. Email your completed card to fernandt@uwgb.edu, or drop your printed card off at the Marinette campus Student Services front desk.
4. Tag the Marinette campus on [Facebook](https://www.facebook.com/uwgbmarinette) or [Instagram](https://www.instagram.com/uwgbmarinette/?hl=en) (both @UWGBMarinette) with #SelfCareBINGO for your chance to win a prize!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **B** | **I** |  N | **G** | **O** |
| **1** |  Go for a25-minute walk. |  Plantsomething. |  Take a bath/shower and pamperyourself. |  Make a[mix-n-match face mask](https://blog.uwgb.edu/driftwood/2021/02/16/driftwood-13-mix-and-match-face-masks/) from*Driftwood* #13. |  Paint, draw, or color in a coloring book. |
| **2** |  Go outside anddraw somethingwith chalk. |  Detach fromyour phone fora day. |  Make up your own dance to yourfavorite song. |  Make a DIYkite and fly itoutside. |  Follow along to a yoga tutorial on YouTube. |
| **3** | Organizeyour closet. | Wash yourbedding andmake your bed. | Create a budget for the week. | Plan out what you’ll eat for the week. | Learn somethingnew that will be useful to your future. |
| **4** | Sort andorganize your emails. | Avoidprocrastinatingfor the day by planning out your homework tasks.  | Avoid buying things on impulse and think purchases through for one day. | Remove stressful things that have bad memories attached tothem fromyour room. | Find something that calms you and that can easily be carried around with you. Example: A necklace or keychain.   |
| **5** | Read a book. | Journal your thoughts. | Talk to a friend. | Create positive affirmations. | Declare anyday NetflixBinge Day  |
| **6** | Watch anASMR video.  | Listen to a podcast. | Schedule a “Me”time in yourcalendar forself-care.   | Sing along to a karaoke video on YouTube.  | Try out anew hobby. |

**Write down the things you did to complete each step:**

B1:

B2:

B3:

B4:

B5:

B6:

I1:

I2:

I3:

I4:

I5:

I6:

N1:

N2:

N3:

N4:

N5:

N6:

O1:

O2:

O3:

O4:

O5:

O6: