

# Self-Care BINGO

## How to Play:

1. Download a PDF copy of the Self-Care BINGO card.
2. Fill in the card by briefly describing what you did for each step. You can type directly on the PDF, or print the card out and write on it.
3. Email your completed card to [fernandt@uwgb.edu](mailto:fernandt@uwgb.edu), or drop your printed card off at the Marinette campus Student Services front desk.
4. Tag the Marinette campus on [Facebook](#) or [Instagram](#) (both @UWGBMarinette) with #SelfCareBINGO for your chance to win a prize!

	<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>1</b>	Go for a 25-minute walk.	Plant something.	Take a bath/shower and pamper yourself.	Make a <a href="#">mix-n-match face mask</a> from <i>Driftwood</i> #13.	Paint, draw, or color in a coloring book.
<b>2</b>	Go outside and draw something with chalk.	Detach from your phone for a day.	Make up your own dance to your favorite song.	Make a DIY kite and fly it outside.	Follow along to a yoga tutorial on YouTube.
<b>3</b>	Organize your closet.	Wash your bedding and make your bed.	Create a budget for the week.	Plan out what you'll eat for the week.	Learn something new that will be useful to your future.
<b>4</b>	Sort and organize your emails.	Avoid procrastinating for 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 to them from your room.	Find something that calms you and that can easily be carried around with you. Example: A necklace or keychain.
<b>5</b>	Read a book.	Journal your thoughts.	Talk to a friend.	Create positive affirmations.	Declare any day Netflix Binge Day
<b>6</b>	Watch an ASMR video.	Listen to a podcast.	Schedule a "Me" time in your calendar for self-care.	Sing along to a karaoke video on YouTube.	Try out a new 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: