



MINDFUL-KINDNESS BINGO

Mediate	Call a loved one	Text friends	Tell a joke	Send encouraging notes
Mail a letter	Thank a former teacher	Journal your feelings	Listen to music	Appreciate your family
Write a thankfulness list	List happy memories	FREE SPACE & TIME	Break from technology	Go for a walk
Stretch & breathe	Create artwork	Speak positive affirmations	Start a goal list	Share a story
Take a nap	Declutter your space	Make a wish	Watch a movie	Explore your neighborhood

SELF-CARE BINGO

Take a shower	Get dressed	Catch up with friends	Process my feelings	Compliment myself
Meditate	Eat good food	Drink herbal tea	Have fun	Ask for help
Take a much-needed break	Drink water	FREE SPACE & TIME	Take a break from social media	Treat myself to something special
Compliment someone	Get 8 hours of sleep	Turn a negative thought into a positive one	Call my parents	Drop a habit that's not good for me
Take a mental health day	Spend time with nature	Declutter my space	Write in my journal	Practice self-compassion