

# Self-Care BINGO

I live in (state): \_\_\_\_\_  
 I teach (subjects): \_\_\_\_\_  
 I teach (grades): \_\_\_\_\_

Exercise for 1 hour	Watch a Heart-Warming Movie	Complete Week 1 of Rethink Ed Mindfulness Training Series	Play a Game	Watch Optimism video in Rethink Ed SEL Training Series and Complete at least 1 Activity
Write yourself a supportive letter like it is your best friend - put in an envelope and keep in your desk at work to read when you have a tough day	Watch Mindfulness Video in Rethink Ed SEL Training Series and complete at least 1 activity	Exercise for 1 hour	Watch a funny movie	Take a luxury bath
Watch Self-Compassion Video in Rethink Ed SEL Training Series and complete at least 1 activity	Read a book or magazine	rethinkEd	Complete Week 2 of Rethink Ed Mindfulness Training Series	Watch Self-Advocacy Video in Rethink Ed SEL Training Series and complete at least 1 activity
Call someone on the phone that you have not talked to in awhile	Take a Nature Walk	Watch Self-Efficacy Video in Rethink Ed SEL Training Series and complete at least 1 activity	Read a book or magazine	Complete Week 3 of Rethink Ed Mindfulness Training Series
Complete Week 4 of Rethink Ed Mindfulness Training Series	Cook your favorite meal and listen to your favorite music	Visit a library or bookstore	Watch Healthy Boundaries Video in Rethink Ed SEL Training Series and complete at least 1 activity	Exercise for 1 hour

How much did these activities help you with your self-care over break? (Circle one)

1      2      3      4      5      6      7      8      9      10  
 Not at all                      A little                                      Helped a Lot                                      Totally therapeutic

What activities were the most valuable for you?

How did these activities help prepare you to return to school after break?