**Ideas for Self-care/Bingo**

**Self-care assessment**: <https://drive.google.com/file/d/1FWex7Yg_WI4VpHOMQ9l5oz0231YYWsQ_/view>

**Self-care plan**: <https://drive.google.com/file/d/19WNO49_xgeWtZcrcygolXUwxWFGCFgC1/view>

**Bingo Card Maker**: <https://myfreebingocards.com/bingo-card-generator/edit/cxw4at>

**Ideas for Bingo Card**

1. Take a 15 minute walk with another staff member or a family member
2. On one day, set aside x amount of time to look at email (not before or after school!)
3. Today, stand and stretch for a minute or two at least twice in one hour of desk-sitting
4. Invest in blue-blocking glasses ($10-20) and wear them while working on the computer
5. Make a self-care basket and put it somewhere handy in your teaching space (water bottle, quick snack, lotion, chapstick, book of poems, a picture of something you love)
6. Take a few minutes to organize your workspace so that it doesn’t look overcrowded/ overwhelming
7. Create a “view” for yourself. Instead of just having to look at the camera in your workspace, create a visual space in front of you (beyond the camera) with a picture or painting that makes you happy/calm, a plant, or even just a few affirmations like “you got this!” or “tomorrow is another day” or something motivating. When you glance up, instead of seeing a wall or or a million post-its of things to do, you’ll see something calming.
8. Adjust your computer setup so that your monitor is face height so you aren’t looking down all day. Your neck and shoulders will thank you!
9. Try working standing up for a lesson and see how you feel! (Make sure to elevate your computer!)
10. Wear comfy slippers or have a fuzzy blanket to touch while you are working
11. Stay off social media today
12. Set a non-school screen-time limit for today for yourself (TV, phone apps, iPads, etc)
13. Read for pleasure for at least 30 minutes (preferably a real book to reduce screen time)
14. Turn Night Mode on on your laptop and phone all day, and reduce the brightness.
15. Put on some take-you-back music! Dig out your old CD’s if you’ve got them. Or pull out your old iPod or mp3 player.
16. Just breathe. Commit to 5 minutes of just sitting or laying comfortably and breathing. If you have thoughts that are intrusive, just acknowledge them and go back to focusing on breathing. Set a timer on your phone so you aren’t tempted to check the clock over and over (is it 5 minutes yet??)
17. Today, don’t cheat yourself on sleep. It’s 8:30 and you’re tired? Go to bed!
18. Laughter is great medicine. Find a funny show, video, or comedy routine. Or, for screen free time, try a bold new beauty product / technique / hairstyle….that usually results in laughter. :-)
19. Eat a meal without having a device nearby, the TV on, or while reading. Just focus on the taste of the food. Have a family? Have 1 meal time today where the whole topic is “what I notice about this food is…” (Salty, hot, squishy, different than the last time we had this)
20. Put your phone on Do Not Disturb overnight. 1 hour before bed until 1 hour after wakeup. Don’t worry, if one of your starred contacts calls you or someone calls twice in a row, they’ll get through.
21. Do a random act of kindness anonymously
22. Commit to doing one thing at a time today, instead of multitasking. How does that feel compared to your normal routine?
23. Time to create! Create SOMETHING...Anything! Woodworking. Painting. Adult coloring books. Knitting. Poetry. Do it for 30 minutes. Do it well or poorly --- it’s ok!
24. Spend a few minutes with animals. Pets at home are a great option. No pet? There are tons of webcams of cute animals or fun animal videos. Focus on just hanging out with the pet/”virtual” pet, not the mountain of laundry they are climbing on.
25. Change out your office chair for a large exercise ball and see how it feels to use that for a day
26. Take a drive away from the city on a clear night. Find a safe place to pull off and look at the night sky. Parks are a great option. Sit on the trunk or hood of your car and bring a warm or cold drink / blanket depending on the temperature.
27. Make good tea or coffee. Consider something flavorful / different than you would normally drink. Put it in your best mug or fanciest tea cup.
28. Declutter -- start small. Pick 3 things today you don’t need, don’t want, or haven’t used in forever and put them in a box for donation or selling.
29. Designate one corner in your house or classroom that is strictly a non-working space. The only thing you can do there is something that brings you joy --- reading, crafting, sipping tea, whatever brings you happiness. If you already have this space, go there today at least once.
30. Today, do not do any work in your bed. Mixing sleep areas with work areas can create stress.
31. Write an online review about a local business / restaurant you love
32. Revamp your screensaver on your phone or laptop to be a favorite picture - change it up!
33. What’s the one thing that brings your whole family together? Movie night? Video game face-offs? Karaoke? Nerf gun fights? Do that tonight. Everyone put away your phone. If you live alone, consider a virtual friends or family reunion. There are game sites where people can all play the same board/party game remotely, and Netflix has a party option where you can all watch together.
34. Surprise your family with a picnic lunch. Make some sandwiches and tell them to get in the car, but don’t tell them where you are going. Head to a local park and spread out a blanket and your lunch.
35. Get your flu shot. Already have it? Today, encourage 1 person you love to get theirs.
36. Eat something from every color group today.
37. Start a “good” file and keep positive notes, cards, photos, or other things that make you smile. Refer to it when needed.
38. Journal
39. Exercise

**\*\*If you’re really doing Bingo, the free space should be “fill out this bingo card”.**