### 14 DAYS OF SELF-CARE
(See back of page for instructions)

| Cook a healthy meal | What are you grateful for? 1. __________ 2. __________ 3. __________ | Treat yourself to your favorite drink | Move your body today | Say something kind to yourself "I AM __________"
| Thank one of your fellow teachers | Call a friend or family member just to say "I love you" | Give someone a compliment | Watch an inspirational video | Go on a walk with friends, family, or a pet
| Hold the door for someone | Write a thank you note to someone you know | Do something nice for your friends | Compliment yourself today! | \n
| Write down a quote that inspires you | Take a walk outside to appreciate nature | Get up & stretch! | Declutter two things from your desk or room | Try a guided meditation from YouTube
| Do something kind for yourself | Watch something that makes you laugh | Start the day with a glass of water | __________ brings me joy. I did it today | Help a friend with a bingo square, write their name

**Name __________________________**

**Grade Level/Subject________________________**

*Healthcorps.org*
HOW TO PLAY

Complete the challenges on the board throughout the next week. As you go, take a picture of yourself completing the challenge or write about the experience on the square. Points will be awarded as follows:

- Complete the activity = +1 point
- Write about your experience = +1 point
- Share a picture = +2 points

At the end of the week, share your bingo cards. A prize will be awarded to the individual with the most points!

Good Luck!