

SUMMER SELF-CARE BINGO

Prioritize your self-care this summer by completing a BINGO from the board below

UNPLUG FROM TECHNOLOGY FOR A DAY	COMPLETE A CREATIVE PROJECT	GO FOR A WALK	PUT YOURSELF FIRST FOR AN ENTIRE DAY	VISIT A NEW PLACE
PLANT SOMETHING	LISTEN TO YOUR FAVORITE MUSIC	DO SOMETHING NICE FOR SOMEONE ELSE	LEARN SOMETHING NEW	HAVE A PICNIC IN THE PARK
TAKE A NAP	SPEND TIME IN NATURE		CALL A FRIEND	DO A RANDOM ACT OF KINDNESS
LIST THREE THINGS YOU ARE GRATEFUL FOR	STRETCH	WRITE A LOVE LETTER TO YOURSELF	SELF HUG	SIT IN SILENCE FOR 10 MINUTES
SPEND TIME WITH YOUR FAVORITE PEOPLE	ORGANIZE A NEIGHBORHOOD CLEAN-UP	REVISIT SOMETHING YOU ENJOYED AS A CHILD	MAKE A VISION BOARD OF YOUR DREAMS	START A NEW BOOK

Send a photo to info@randomactsofkindness.org or post on social media with #RAKtivist once you've completed a BINGO.

