

Name: _____ Campus: _____



Self-Care September Bingo Time



Sponsored by RAMPED

1. Complete 5 tasks: in a row, up and down, or diagonal
2. Mark the completed tasks with a check mark or your initials
3. Turn in your bingo card to the office



B I N G O



Call a friend	Stretch	5 minutes of quiet time	Read a book	Enjoy a refreshing beverage
Give a compliment	Visit someone	Pay it forward	Take a nap	Wear your favorite outfit
Watch your favorite movie	Go to the beach	Listen to your favorite song	Random Act of Kindness	Write down something you are grateful for
Praise someone	Sing in the shower	Share your favorite quote	Sit under a tree 5 minutes	Get a massage
Color	Laugh out loud	Sleep in	Smell something good	Lend someone your hand

