

Self-Care Bingo

Mani/ Pedi	Go on a Walk	Face Mask	Watch your favorite movie	Finish a book
Make your favorite meal	Take a Bath or Long Shower	Light a candle	Discover a new podcast	Play a board game
Start a gratitude journal	Write and mail a letter	Play a video game	Do a craft	Make a music playlist
Take a nap	Go offline for one hour	Make your favorite dessert	Make a vision board	Make your favorite snack
Have a facetime date	Discover a new show	Try a new hairstyle/ makeup tip	Stretch or do yoga	Do a jigsaw puzzle
Have a dance party	Start a morning or night routine	Do 50 sit- ups, squats or pushups	Learn a Tiktok dance	Discover a new hobby

Spring Clean Bingo

Deep clean the fridge	Clean the oven	Clean out the car	Clean out work bag	Clean out junk drawer
Donate old clothes	Clean out freezer	Dust corners of walls	Organize pantry	Clean blinds
Clean stove burners/knobs	Mop the floors	Dust vents and fans	Wash bedding	Dust/clean light fixtures
Vacuum all carpets	Deep clean bathroom	Donate old shoes	Clean behind washer/dryer	Clean out couches/chairs
Put away winter clothes	Throw out expired food	Clean windows	Clean makeup brushes	Wipe down kitchen cabinets
Rotate/flip mattress	Clean base boards	Check smoke detector batteries	Clean out/organize under sinks	Donate old books