



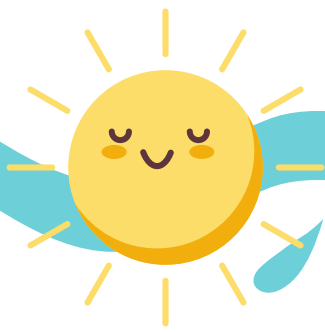
# SUMMER SELF-CARE

## B I N G O



<b>1</b> GO TO YOUR LIBRARY	<b>6</b> TRY SOMETHING NEW	<b>11</b> DO A PUZZLE	<b>16</b> WRITE A POEM	<b>21</b> EAT A POPSICLE
<b>2</b> HAVE A PICNIC	<b>7</b> TRY A NEW CUISINE	<b>12</b> CHOOSE A GOOD-FIT BOOK	<b>17</b> GO ON A HIKE	<b>22</b> DO A CRAFT
<b>3</b> JOURNAL	<b>8</b> GO SWIMMING OR SIT BY WATER	<b>FREE SPACE!</b>	<b>18</b> CONNECT WITH A FRIEND	<b>23</b> LISTEN TO AN AUDIOBOOK OR PODCAST
<b>4</b> CHOOSE A GOOD-FIT SPOT TO READ	<b>9</b> CHECK SOMETHING OFF YOUR BUCKET LIST	<b>14</b> GO ON A ROAD TRIP	<b>19</b> WATCH A SUNRISE OR SUNSET	<b>24</b> VISIT A LOVED ONE
<b>5</b> FIND A SILVER LINING	<b>10</b> SEE A LIVE PERFORMANCE	<b>15</b> TAKE A WALK AND NOTICE SOMETHING NEW	<b>20</b> READ WITH SOMEONE	<b>25</b> MEDITATE OR PRAY





# SUMMER SELF-CARE

## NOTES



WHAT DID YOU DO? HOW DID YOU FEEL?

B 1 \_\_\_\_\_

B 2 \_\_\_\_\_

B 3 \_\_\_\_\_

B 4 \_\_\_\_\_

B 5 \_\_\_\_\_

I 6 \_\_\_\_\_

I 7 \_\_\_\_\_

I 8 \_\_\_\_\_

I 9 \_\_\_\_\_

I 10 \_\_\_\_\_

N 11 \_\_\_\_\_

N 12 \_\_\_\_\_

N 13 **FREE SPACE** \_\_\_\_\_

N 14 \_\_\_\_\_

N 15 \_\_\_\_\_

G 16 \_\_\_\_\_

G 17 \_\_\_\_\_

G 18 \_\_\_\_\_

G 19 \_\_\_\_\_

G 20 \_\_\_\_\_

O 21 \_\_\_\_\_

O 22 \_\_\_\_\_

O 23 \_\_\_\_\_

O 24 \_\_\_\_\_

O 25 \_\_\_\_\_