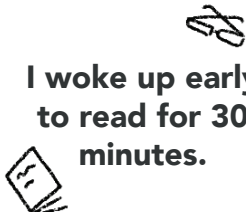



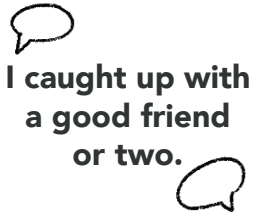
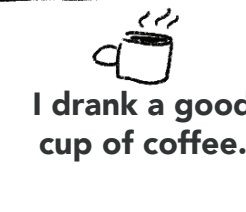
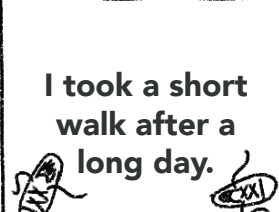
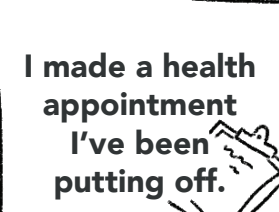
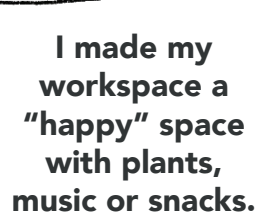
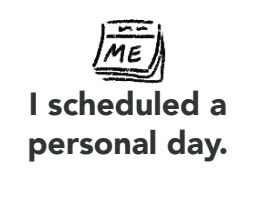
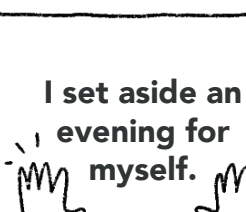


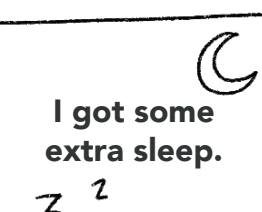


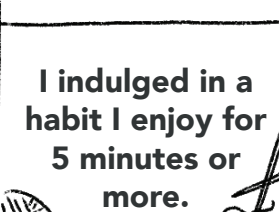
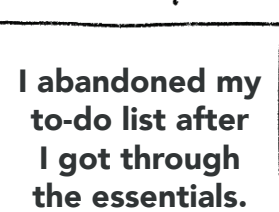

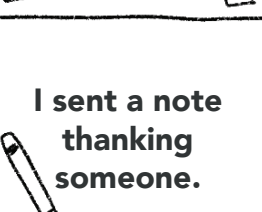


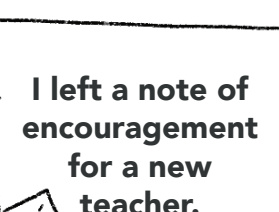
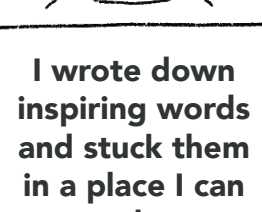
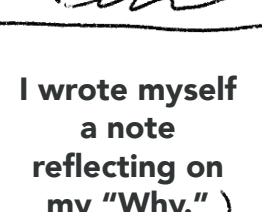


# Teacher Self-Care Bingo

You got this! A bingo board with self-care ideas from your fellow educators.

 <p>I woke up early to read for 30 minutes.</p>	 <p>I did some indoor or outdoor gardening.</p>	 <p>I did a 30-minute workout.</p>	 <p>I put a puzzle together.</p>	 <p>I caught up with a good friend or two.</p>
 <p>I drank a good cup of coffee.</p>	 <p>I took a short walk after a long day.</p>	 <p>I made a health appointment I've been putting off.</p>	 <p>I made my workspace a "happy" space with plants, music or snacks.</p>	 <p>I scheduled a personal day.</p>
 <p>I set aside an evening for myself.</p>	 <p>I reserved one day of the weekend and made NO plans.</p>	 <p>I got some extra sleep.</p>	 <p>I made a list of tasks I've completed and checked them all off!</p>	 <p>I cut myself some slack.</p>
 <p>I cut myself some slack.</p>	 <p>I indulged in a habit I enjoy for 5 minutes or more.</p>	 <p>I abandoned my to-do list after I got through the essentials.</p>	 <p>I watched a favorite movie.</p>	 <p>I sent a note thanking someone.</p>
 <p>I reached out to a former student to see how they're doing.</p>	 <p>I sent warm wishes to my colleagues.</p>	 <p>I left a note of encouragement for a new teacher.</p>	 <p>I wrote down inspiring words and stuck them in a place I can see them.</p>	 <p>I wrote myself a note reflecting on my "Why."</p>

Ideas contributed by educators Melody Gerard, Samantha Neill and Stephanie Fisher