

SUMMER SELF-CARE BINGO 2024

Challenge yourself to work on your self-care this summer by completing a BINGO from the board below.

Read book that is purely for enjoyment	Spend time walking in nature or visiting parks	Start a garden or tend to plants	Try a new fitness routine	Paint, draw, or craft
Revisit a favorite place	Reflect on your experiences and set intentions for next school year	Try a new recipe	Take intentional breaks from screens and social media	Listen to your favorite music or explore new podcasts
Have a picnic in the park or your backyard	Watch a series or movies you've been meaning to see		Spend quality time with friends and family	Explore local attractions—museums, restaurants, parks
Capture summer memories through photography	Catch up on sleep or establish a healthy routine	Start a list of things you are grateful for	Write a letter to yourself at FutureMe.org	Do a random act of kindness
Start a home improvement project	Revisit something you enjoyed doing as a child	Write stories, journal, or start a blog	Take a nap	Practice stretching and deep breathing

Share your progress and experiences with us! Send photos or stories of your completed activities to info@randomactsofkindness.org or tag us on Instagram @rakfoundation

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