

Winter Break Bingo

Celebrate the new calendar year

Reflect on a 2021 memory you are grateful for

List two things that make you happy

Spend all day on Pinterest

Take the day off without guilt

Drink plenty of water

Put your out of office on

Wear your pajamas two days in a row

Play a game you love to play

Thank a colleague who has been there for you

Go tubing, sledding, skating, or for a walk

Write down your proudest moment of the year

Repeat 3 times— "I am super awesome"

Take 10 deep breaths

Dance around to your favorite song

Create balance

Read a book in your pajamas

Check in with a colleague by texting a .gif

Donate unwanted books to charity

Tell someone special what they mean to you

Let it go... just let it go

Create a time capsule of things and feelings

Say no to something you don't have time for

Take a nature walk

Watch a movie you want to see



Self-care ideas for you...

Post a positive note for yourself on the fridge

Ignore the news for a day (or longer)

Do something creative or artistic

Try a new healthy recipe

Clean out your backpack/tote/bag

Try a new hobby

Change a negative thought into a positive one

On a walk, count all the beautiful things you see

Schedule an outing with someone you love

Buy yourself flowers or something you like

Organize a cluttered space at home

Enjoy a guilt-free treat

Binge watch a series or binge read

Stop a bad habit

Forgive yourself for something in the past

Take a technology break for one day

Notice what you can smell/hear/see/touch/taste

"Plan your self-care first and then prioritize your most important tasks."

Know Yourself * Take Care of Yourself First * Achieve Better Outcomes



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