



Self Care Weekly Bingo Board!

B	I	N	G	O
I got off camp at least once this week	I had a fun one on one conversation with a camper	I participated in a fun activity intended for the campers	I visited a program area that I love	When poised with an annoying question I paused before I answered
I was conscious of how much space I was taking up in a meeting or other group setting	I accepted help when someone offered it to me	I took time to call a loved one that is not at camp	I took time to appreciate nature	I danced like nobody was watching
I checked something off my camp bucket list	I gave myself time to do something mindless	FREE TIME (I took at least 30 minutes of free time a day)	I took a walk by myself to reflect	I accepted feedback with appreciation
I had a snack or meal outside of camp	I offered someone who seemed like they needed it, a break	I gave myself time to learn	I genuinely laughed	I gave someone feedback constructively and with good intentions
I took a minute to recognize my hard work paying off	I had a one on one conversation with a peer I don't usually work with	I took a dip in the lake/pool/ocean	I took time for my favorite self-care activity	I had an experience that reminded me "this is why I love my job"