

Adamstown Area Library

Teen/Tween/Adult Self-Care Bingo

Name: _____ Phone Number: _____

Complete 5 in a row & return to the library by Feb. 1st
to be entered in a raffle prize drawing.

| KEEP | CALM | AND | CARRY | ON |
|--------------------------------------|---|---|---|---|
| Listen to your favorite music. | Write down 5 things you are grateful for. | Look at photos of happy memories | Play with a pet. | Your Choice... What did you do? _____ |
| Enjoy nature for 30 min. | Call a Friend. | Watch a TED talk that will inspire you. | Pray or Meditate for 10 min. | Start a hobby ; puzzle, or project. |
| Take a relaxing bath or shower. | Dance in your Living Room. | FREE SPACE and/or Read a Book! | Appreciate small steps toward your large goals. | Try a new recipe. |
| Watch your favorite feel-good movie. | Take a tech-free day. | Give yourself a manicure or pedicure. | Replace a negative thought with a positive one. | Slowly enjoy a cup of hot tea or coffee. |
| Look at the stars and make a wish. | Send someone you love a note or letter. | Clear clutter-donate 5 things. | Play a card or board game. | Take a nap. |