

Principal Bingo

Self-Care Edition

Binge Watch a TV Show	Listen to Music	Read a Book For Fun	Drink 8 Glasses of Water	Make a Joy Collage
Practice Mindful Breathing	Stretch or Do Some Yoga	Go For a Long Walk	Meditate for 20 Minutes	Cook a New Dish
Make a Vision Board	Offer to Help Someone	FREE: Do Nothing	Listen to a Podcast	Sleep In for 30 Minutes
Be Silly Once a Day	Share an Inspiring Quote	Connect With Friends	Write in a Journal	Practice Just Saying No
Create a New Playlist	Have a Dance Party	Start an Herb Garden	Take an Email Break	Send a Thank-You Note