

SELF CARE BINGO

Check off what you're doing to
take care of you!

Completed a
Friday Fun
Word Search

Watched a
new TV show

Called a
family
member or
friend

Took your
dog for a
walk

Cleaned
your kayak

Did a dry
land kayak
workout

Took a Nap

Completed a
Friday Fun
Coloring
Page

Relaxed

Started a
new hobby

Ordered out

Went for a
walk

Put Your Butt
In a Boat

Read an
email from
TRR National

Cleaned
your
kayaking
equipment

Cooked
a meal

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