



PANDEMIC BINGO

for educator
self-care

Thank you for downloading this free resource! I feel hopeful that it will help you in prioritizing self-care for yourself and your colleagues. It is through educator well-being that we are able to best serve our students.

Instructions:

- This is not your regular BINGO game.
- With this version, you win by marking off any square at all.
- You can also mark off the same square over and over again, if that's what best fills you up.
- You can pick any column and square you enjoy, as well-being is best cultivated when it is customized to each person's needs and preferences.
- If you still want to aim for 5 squares in a row and certain items aren't your jam, then cross things off and create your own self-care adventure.
- There is no competition with this game. Rather, we celebrate any and all squares that get marked off by colleagues.

ABOUT CONSTANT LOVE AND LEARNING

Katie Rahe, PhD, PPS, is a teacher turned School Psychologist and educational consultant/coach/entrepreneur, as well as a well-being warrior, Kimochis® Certified Trainer, and lover of learning. She started Constant Love and Learning to bring more positive feelings to schools through educator well-being, social and emotional learning, and other effective educational practices and systems. If you have other ideas for resources you'd like for you and your students' well-being, you can connect via katie@constantloveandlearning.com.

TERMS OF USE

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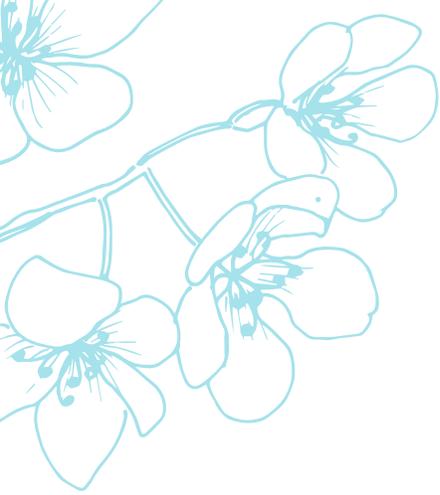
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PANDEMIC BINGO

for educator

self-care

Breaks &
Boundaries

Inward &
Intentions

Nourish &
Nothing

Grace &
GratITUDE

Online &
Options

decluttered my work space so I have more room to breathe	spent some time alone and felt all my feelings	ate three healthy meals today	thanked myself for any wins, no matter how small	took a virtual class to exercise, learn, or just have fun
set 5 alarms on my cell & took deep breaths at every break	practiced mindfulness in the way I most enjoy	drank half my weight in water today	adjusted my expectations for myself, my family, and my students	connected with my loved ones virtually
voiced my feelings and needs to my admin and team	wrote down special time for myself on my planner	DID NOTHING BUT RESTED	thanked my family and colleagues for all they do to support me	played on- or offline in a way that filled my happy bucket
created a visual sign to help my family know when I need to focus or have privacy	released some of my inner thoughts and feelings by journaling	moved my body in the ways that feel best to me	practiced self-compassion when things felt hard or I made mistakes	went offline for the day and spent extra time in nature
set a time limit for work and stopped when it was done	listened to my intuition and set an intention to manifest what I need	got the amount of sleep that I need to be fully rested	was gentle with myself and gave myself grace	read as much as I wanted, using the format I most enjoy

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