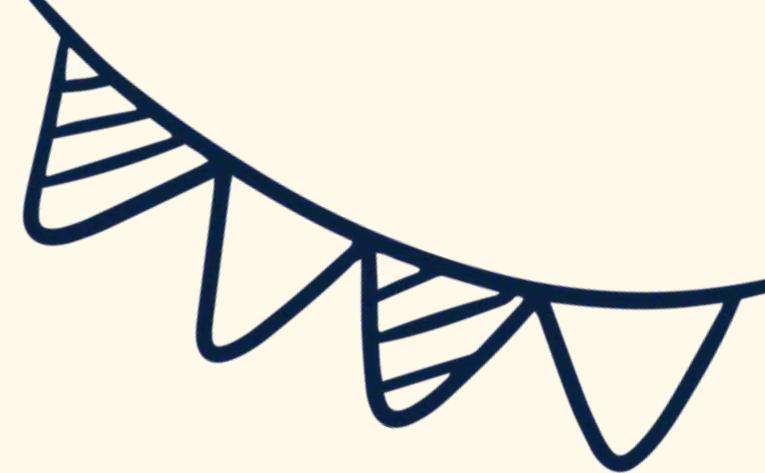


ACTIVITY



SELF-CARE BINGO

An Interactive Staff Challenge

Brought to you by your pals at

alpaca

BOOSTING BONDS & BALANCE

Teachers and staff do their best, when they feel their best!

This Self-Care Bingo is a fun and engaging way to encourage staff to prioritize their well-being—physically, mentally, and emotionally—while celebrating little wins along the way. It's all about nurturing the whole person, not just the professional!

Try this interactive BINGO to promote self-care, strengthen staff bonds, and create a positive, well-being-focused school environment!



WHOLE STAFF ACTIVITY DIRECTIONS

Use these directions and the printable bingo board below for a self-led team activity!

Set Up the Space:

- Print the bingo cards and display them in the staff lounge or office. Leave a few pens so everyone can participate!

Get Your Team Involved:

- Encourage staff to complete activities and write their names on the board.
- Celebrate their progress with shoutouts when they get a bingo!
- Decide on a deadline—or keep it up all year for ongoing fun.

Engage and Celebrate:

- Use this as a chance to check in—ask staff about their self-care wins.
- Offer small prizes for those who complete multiple bingos.
- Gather feedback and new ideas to keep the momentum going!

INDIVIDUAL SELF-CARE BINGO

Use these directions and the printable bingo board below for a self-led team activity!

- **Print & Distribute:** Give each staff member the bingo board below (or share digitally).
- **Set a Timeframe:** Decide how long the challenge will run (e.g., one week or a month).
- **Encourage Participation:** Staff mark off activities as they complete them.
- **Designate a Turn-In Spot:** Choose a central location (like the office or staff lounge) where participants can drop off their completed bingo cards.
- **Celebrate Wins:** Offer small prizes or shout-outs for those who get a bingo! At the end of the challenge, collect all completed bingo cards and draw a few for additional prizes to keep the fun going!

INDIVIDUAL ACTIVITY SELF-CARE BINGO PRINTABLES



SELF-CARE BINGO

Complete activities from the bingo board, mark them off as you go, and celebrate your self-care wins when you get a bingo!



Take a 10-minute walk outside	Drink at least 64 oz of water	Listen to your favorite song or playlist	Read for at least 10 minutes	Take a deep breath and stretch for one minute
Write down three things you're grateful for	Go to bed early or take a power nap	Treat yourself to your favorite snack	Say no to something that drains your energy	Take a social media break for an hour
Do a self-care activity (bath, mani/pedi, facial, haircut, or massage)	Journal about your day	FREE SPACE	Clean and reorganize a desk drawer or cabinet	Add your own:
Watch or listen to something that makes you laugh	Delete old emails from your inbox	Spend time doing a hobby you love	Throw 5 things away that you don't need anymore	Unplug from work for an evening
Wear your favorite cozy outfit	Treat yourself to a coffee, smoothie, or soda on the way to work	Complete one item on your to-do list	Complete a random act of kindness for a colleague	Call a friend or family member to check in

Name: _____

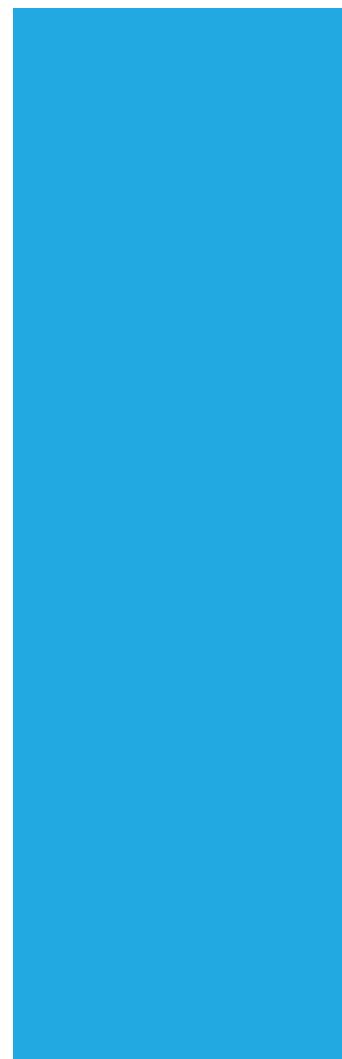
WHOLE STAFF ACTIVITY

BINGO BULLETIN BOARD PRINTABLES

(Print each page below to create an interactive bingo board)

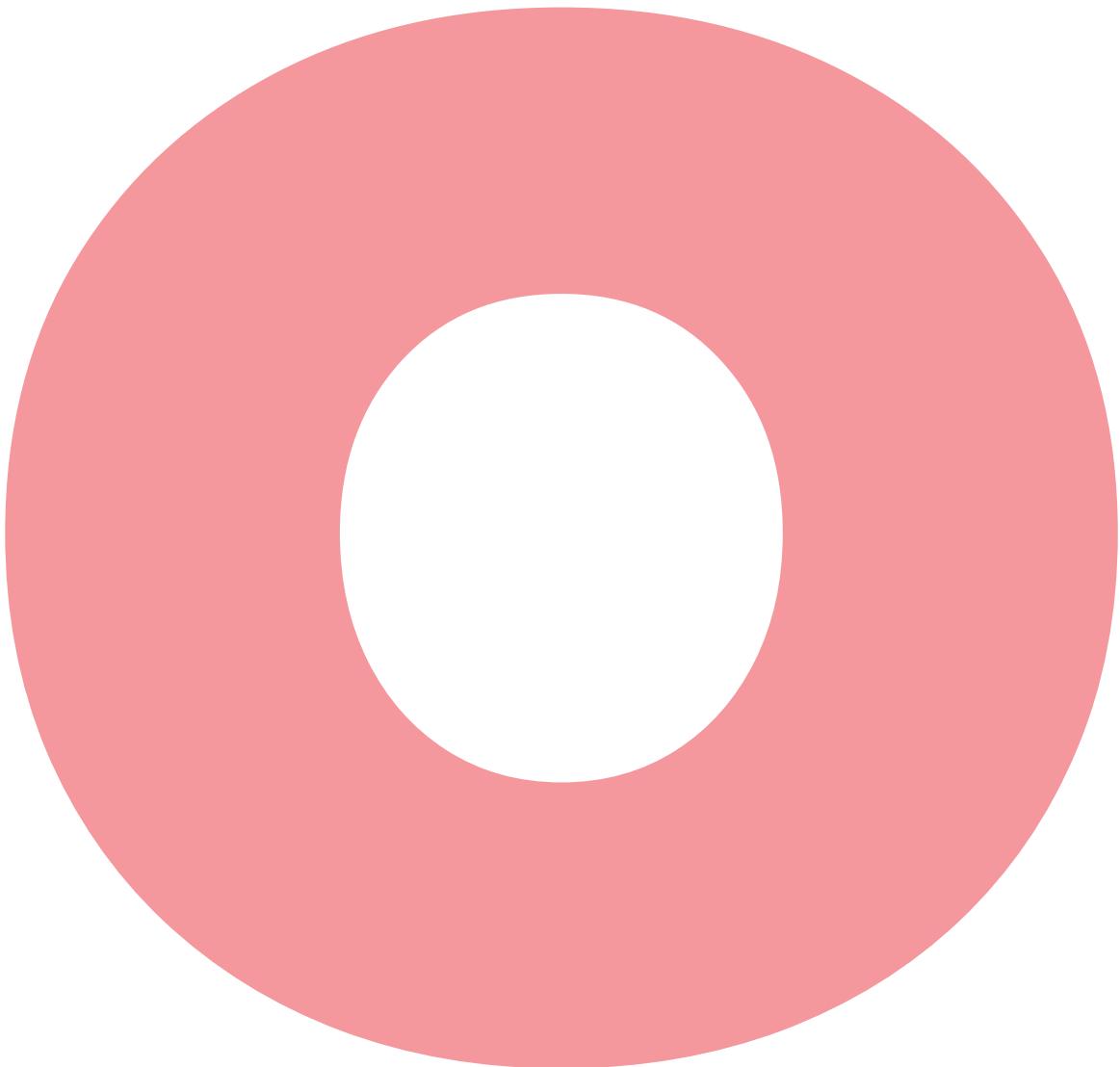


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**TAKE A 10-MINUTE
WALK OUTSIDE**

**DRANK AT LEAST 64
OUNCES OF WATER**

**LISTENED TO MY
FAVORITE SONG
OR PLAYLIST**

**READ FOR AT LEAST
10 MINUTES**

**STRETCHED FOR A
MINUTE OR TWO**

**TREATED MYSELF TO A
COFFEE, SMOOTHIE,
OR SODA ON THE WAY
TO WORK**

**WENT TO BED EARLY OR
TOOK A POWER NAP**

DID A SELF-CARE ACTIVITY

(Bubble bath, mani/pedi, facial,
haircut, beard trim, or massage)

**SAID NO TO SOMETHING
THAT DRAINS MY ENERGY**

**EXERCISED FOR 30
MINUTES OR MORE**

**ATE A HEALTHY
MEAL OR SNACK**



ORGANIZED A DESK DRAWER OR CABINET

**WATCHED OR LISTENED
TO SOMETHING THAT
MADE ME LAUGH**

**DELETED OLD EMAILS
FROM MY INBOX**

**SPENT TIME DOING MY
FAVORITE HOBBY**

**THREW 5 THINGS AWAY
THAT I DON'T NEED
ANYMORE**

**UNPLUGGED FROM
WORK FOR AN EVENING**

**WORE MY FAVORITE
COZY OUTFIT**

**CALLED A FRIEND OR
FAMILY MEMBER ON
MY COMMUTE**

**COMPLETED ONE ITEM
ON MY TO-DO LIST**

**COMPLETED A RANDOM
ACT OF KINDNESS FOR
A COLLEAGUE**



**JOURNALED ABOUT
MY DAY**

**TOOK A SOCIAL MEDIA
BREAK FOR AN HOUR**



**FREE
SPACE**

**ADD YOUR OWN
IDEA FOR YOUR
TEAM!**

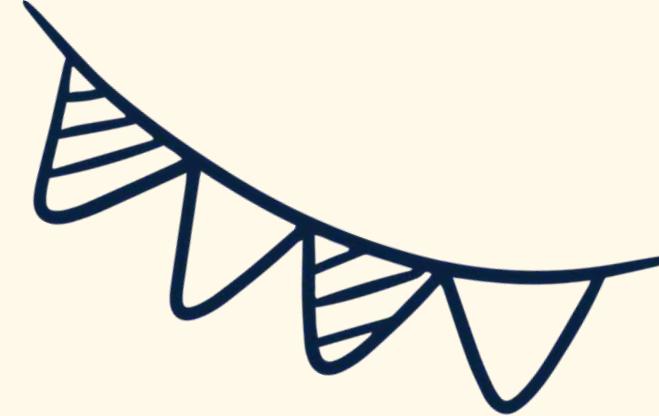




NEED PRIZE IDEAS? CHECK OUT OUR PRINTABLE COUPONS!

Choose from over 15 options, print the ones that fit your staff best, and celebrate their efforts with meaningful breaks and perks!





WHICH ACTIVITY DID YOU TRY? TELL US!

We'd love to hear how the activities went and what your staff thought! Send a picture or a staff comment from one of the activities to alissa@alpacapacks.com, and we'll send you a coffee on us!

Have an idea you'd like to see? Let us know! We're always looking for new resource ideas for school leaders!

HEY THANKS!

Thank you for downloading this resource! At Alpaca, we're on a mission to make school the happiest place to work!

Don't forget to check out our [full resource library](#), packed with ideas to support school leaders.