

BOLD BLACK WOMEN'S Self-Care Bingo

LEARN A
TRADITIONAL
AFRICAN
DANCE

SHARE A BOLD
MOVE THAT
TAUGHT YOU
SOMETHING
VALUABLE

ENJOY AN
EVENING WITH
ALL DIGITAL
DEVICES
UNPLUGGED

WHAT'S THE
BEST MONEY
ADVICE YOU
EVER
RECEIVED?

TAKE YOURSELF
OUT ON A DATE
TO A SPOT
YOU'VE NEVER
BEEN TO

SPEAK UP IN
A SPACE
WHERE YOU
USUALLY
HOLD BACK

MAKE A LIST OF
WHAT TO
DISCUSS AT
YOUR NEXT
DOCTOR'S VISIT

ROCK A
HAIRSTYLE
YOU'VE ALWAYS
WANTED TO
TRY

HOST A MOVIE
NIGHT WITH
FILMS FROM
ACROSS THE
GLOBE

WHAT'S A SELF-
CARE TIP YOU
LEARNED FROM
YOUR MOTHER?

NEGOTIATE
A BILL OR
ASK FOR A
DISCOUNT
ON YOUR
PURCHASE

CREATE A
SELF-CARE
RITUAL
INSPIRED BY A
DIFFERENT
CULTURE

 **FREE
SPACE**

TAKE A BREATH!

RECONNECT
WITH AN OLD
FRIEND OR
FAMILY
MEMBER

PRACTICE A
NEW SKILL FOR
15 MINUTES A
DAY FOR ONE
WEEK

GO TO A
CITY
COUNCIL
MEETING

WHIP UP A DIY
NATURAL SKIN
CARE PRODUCT

WRITE A
HAIKU
ABOUT
FINANCIAL
FREEDOM

LEARN TO SAY
"HELLO" IN FIVE
DIFFERENT
LANGUAGES

WRITE A SIX-
WORD STORY
ABOUT
OVERCOMING A
CHALLENGE

SEND AN
ENCOURAGING
MESSAGE TO
ANOTHER BOLD
BLACK WOMAN

POST A PHOTO
OF A PEACEFUL
MOMENT IN
YOUR DAY

READ A BOOK
BY A BLACK
WOMAN AND
SHARE A FAVE
QUOTE

PRACTICE
SAYING "NO"
WITHOUT
EXPLANATION
OR
JUSTIFICATION

DISCOVER AN
EMPOWERING
PODCAST
HOSTED BY A
BLACK WOMAN