## Self Care Bingo for Readers, Writers,

 and Humansby Van doang

| Read a book | Read a short book | Read a long book | Read for 10 minutes |
| :---: | :---: | :---: | :---: |
| Read for 5 minutes | Read a book | Read...a book | Read! a book |
| Read a! book | Read (a book) | Read a book | A book is read |
| Read for 20 minutes | Read in bed! | Read! a! book! | na |

