



HALLOWEEN

SELF CARE BINGO

TRICK
OR
TREAT

DO A PUMPKIN SPICE (OR AUTUMN-SCENTED) FACE MASK	DANCE TO A HALLOWEEN PLAYLIST	WATCH A FUN HALLOWEEN MOVIE OR AUTUMN CLASSIC	PAINT YOUR NAILS A HALLOWEEN COLOR (BLACK, ORANGE, PURPLE, GLITTERY)	SWAP HALLOWEEN CANDY FOR A NOURISHING SNACK 🍎
TAKE A BUBBLE BATH BY CANDLELIGHT	TAKE A TWILIGHT WALK TO ENJOY FALL DECORATIONS	CURVE, PAINT, OR DECORATE A PUMPKIN	BAKE A PUMPKIN OR APPLE TREAT	TRY A SEASONAL LIP COLOR (DEEP BERRY, COPPER, PLUM)
ENJOY A COZY TEA WHILE WRAPPED IN A BLANKET	STRETCH FOR 10 MINUTES WHILE DIFFUSING FALL ESSENTIAL OILS	TREAT YOURSELF LIKE ROYALTY 🍰💜	SEND A "SPOOKY LOVE NOTE" (ENCOURAGEMENT) TO A FRIEND	LIGHT A FALL CANDLE OR USE A DIFFUSER BLEND (CINNAMON, CLOVE, ORANGE)
PLAY A BOARD GAME OR CARD GAME WITH FAMILY/FRIENDS	SWAP HALLOWEEN CANDY FOR A NOURISHING SNACK 🍎	JOURNAL ABOUT WHAT YOU'RE GRATEFUL FOR THIS SEASON	DO A 15-MINUTE WORKOUT IN YOUR COSTUME COLORS (ORANGE/BLACK/PURPLE)	EXFOLIATE & MOISTURIZE WITH A BODY SCRUB
VOLUNTEER AT A LOCAL HARVEST OR FALL FESTIVAL	READ AN AUTUMN-THEMED BOOK OR STORY	CONNECT WITH A FRIEND	VISIT A PUMPKIN PATCH	MAKE A SIMPLE FALL CRAFT

