

Fall Self Care Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/b8t58rk

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/b8t58rk

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/b8t58rk

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Go for a walk	Rake leaves	Enjoy a pumpkin coffee/apple cider	Bake something with apple	Bake something with pumpkin	Read for pleasure	Hot bath or hot shower
Call a friend	Send a card or letter to friend or family	Pick up a piece of liter+ move to trash	Water-- half your body weight in ounces	Make comfort food	Exercise 20 min activity of choice	Plan (ahead) for a mental health day-- manager approved
Binge watch something new	Watch a scary movie	Attend/watch football game	Make soup	Tell someone how you are feeling	Declutter + get rid of 2 things	Help a peer
Give a compliment	Ask for help	Paint or carve a pumpkin	Unplug from all social media/internet 24 hours			

Bingo Card ID 001



Bingo Card ID 002



Bingo Card ID 003



Bingo Card ID 004



Bingo Card ID 005



Bingo Card ID 006



Bingo Card ID 007



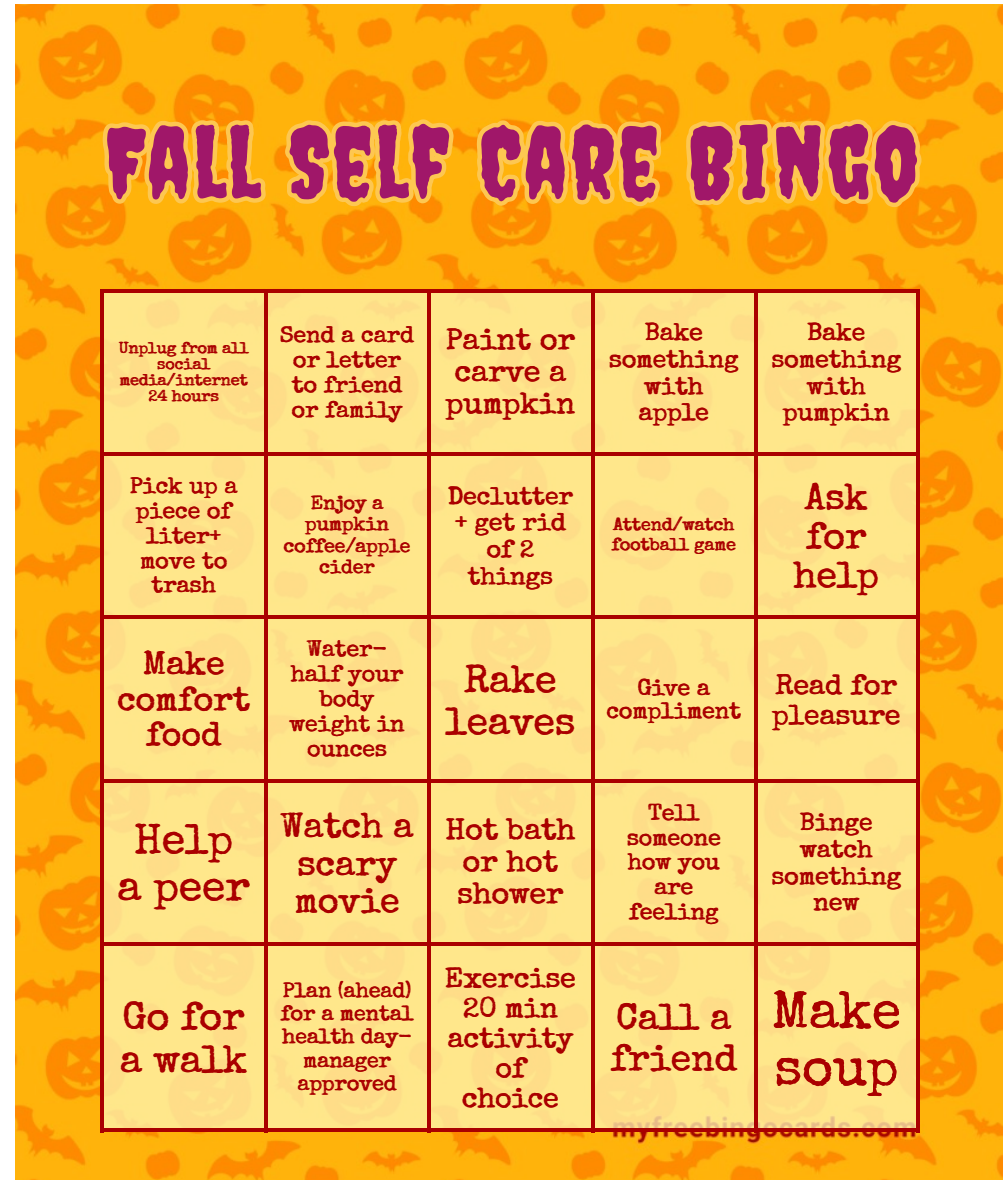
Bingo Card ID 008



Bingo Card ID 009



Bingo Card ID 010



Bingo Card ID 011



Bingo Card ID 012



Bingo Card ID 013

FALL SELF CARE BINGO

Read for pleasure	Water-half your body weight in ounces	Binge watch something new	Exercise 20 min activity of choice	Give a compliment
Make comfort food	Bake something with pumpkin	Call a friend	Watch a scary movie	Make soup
Pick up a piece of liter+ move to trash	Send a card or letter to friend or family	Rake leaves	Declutter + get rid of 2 things	Enjoy a pumpkin coffee/apple cider
Ask for help	Paint or carve a pumpkin	Attend/watch football game	Go for a walk	Unplug from all social media/internet 24 hours
Bake something with apple	Help a peer	Hot bath or hot shower	Tell someone how you are feeling	Plan (ahead) for a mental health day-manager approved

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Bingo Card ID 014

FALL SELF CARE BINGO

Give a compliment	Water-half your body weight in ounces	Binge watch something new	Help a peer	Make comfort food
Bake something with pumpkin	Read for pleasure	Plan (ahead) for a mental health day-manager approved	Go for a walk	Make soup
Declutter + get rid of 2 things	Tell someone how you are feeling	Pick up a piece of liter+ move to trash	Ask for help	Hot bath or hot shower
Paint or carve a pumpkin	Attend/watch football game	Unplug from all social media/internet 24 hours	Call a friend	Send a card or letter to friend or family
Rake leaves	Watch a scary movie	Exercise 20 min activity of choice	Enjoy a pumpkin coffee/apple cider	Bake something with apple

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Bingo Card ID 015

FALL SELF CARE BINGO

Enjoy a pumpkin coffee/apple cider	Exercise 20 min activity of choice	Hot bath or hot shower	Pick up a piece of liter+ move to trash	Bake something with apple
Plan (ahead) for a mental health day-manager approved	Unplug from all social media/internet 24 hours	Make comfort food	Call a friend	Attend/watch football game
Make soup	Binge watch something new	Send a card or letter to friend or family	Read for pleasure	Rake leaves
Water-half your body weight in ounces	Go for a walk	Declutter + get rid of 2 things	Watch a scary movie	Ask for help
Tell someone how you are feeling	Bake something with pumpkin	Paint or carve a pumpkin	Help a peer	Give a compliment

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Bingo Card ID 016

FALL SELF CARE BINGO

Attend/watch football game	Make soup	Help a peer	Watch a scary movie	Declutter + get rid of 2 things
Unplug from all social media/internet 24 hours	Tell someone how you are feeling	Read for pleasure	Water-half your body weight in ounces	Make comfort food
Plan (ahead) for a mental health day-manager approved	Paint or carve a pumpkin	Ask for help	Hot bath or hot shower	Give a compliment
Pick up a piece of liter+ move to trash	Rake leaves	Go for a walk	Exercise 20 min activity of choice	Send a card or letter to friend or family
Binge watch something new	Enjoy a pumpkin coffee/apple cider	Bake something with apple	Call a friend	Bake something with pumpkin

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Bingo Card ID 017

FALL SELF CARE BINGO

Hot bath or hot shower	Make soup	Call a friend	Watch a scary movie	Water-half your body weight in ounces
Binge watch something new	Enjoy a pumpkin coffee/apple cider	Bake something with apple	Send a card or letter to friend or family	Exercise 20 min activity of choice
Give a compliment	Make comfort food	Ask for help	Go for a walk	Pick up a piece of liter+ move to trash
Help a peer	Bake something with pumpkin	Tell someone how you are feeling	Paint or carve a pumpkin	Plan (ahead) for a mental health day-manager approved
Rake leaves	Unplug from all social media/internet 24 hours	Attend/watch football game	Declutter + get rid of 2 things	Read for pleasure

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Bingo Card ID 018

FALL SELF CARE BINGO

Help a peer	Bake something with apple	Ask for help	Binge watch something new	Read for pleasure
Make comfort food	Rake leaves	Make soup	Paint or carve a pumpkin	Plan (ahead) for a mental health day-manager approved
Unplug from all social media/internet 24 hours	Hot bath or hot shower	Go for a walk	Give a compliment	Exercise 20 min activity of choice
Send a card or letter to friend or family	Declutter + get rid of 2 things	Enjoy a pumpkin coffee/apple cider	Call a friend	Bake something with pumpkin
Attend/watch football game	Pick up a piece of liter+ move to trash	Tell someone how you are feeling	Watch a scary movie	Water-half your body weight in ounces

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Bingo Card ID 019



Bingo Card ID 020



Bingo Card ID 021



Bingo Card ID 022



Bingo Card ID 023



Bingo Card ID 024



Bingo Card ID 025



Bingo Card ID 026



Bingo Card ID 027



Bingo Card ID 028



Bingo Card ID 029

FALL SELF CARE BINGO

Go for a walk	Bake something with apple	Tell someone how you are feeling	Ask for help	Binge watch something new
Enjoy a pumpkin coffee/apple cider	Attend/watch football game	Bake something with pumpkin	Help a peer	Exercise 20 min activity of choice
Make comfort food	Make soup	Water-half your body weight in ounces	Unplug from all social media/internet 24 hours	Declutter + get rid of 2 things
Plan (ahead) for a mental health day-manager approved	Read for pleasure	Send a card or letter to friend or family	Call a friend	Watch a scary movie
Paint or carve a pumpkin	Pick up a piece of liter+ move to trash	Rake leaves	Give a compliment	Hot bath or hot shower

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Bingo Card ID 030

FALL SELF CARE BINGO

Paint or carve a pumpkin	Enjoy a pumpkin coffee/apple cider	Attend/watch football game	Declutter + get rid of 2 things	Unplug from all social media/internet 24 hours
Call a friend	Make soup	Send a card or letter to friend or family	Go for a walk	Watch a scary movie
Rake leaves	Make comfort food	Hot bath or hot shower	Binge watch something new	Bake something with apple
Help a peer	Read for pleasure	Plan (ahead) for a mental health day-manager approved	Give a compliment	Bake something with pumpkin
Ask for help	Tell someone how you are feeling	Pick up a piece of liter+ move to trash	Exercise 20 min activity of choice	Water-half your body weight in ounces

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