#### **Fall Self Care Bingo**

#### myfreebingocards.com

#### **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 <a href="mailto:myfreebingocards.com/virtual-bingo">myfreebingocards.com/virtual-bingo</a>.

#### Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <a href="https://myfreebingocards.com/faq">https://myfreebingocards.com/faq</a> 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 <u>myfreebingocards.com/bingo-card-generator</u> to create a new set of bingo cards.

#### Legal

The terms of use for these printable bingo cards can be found at <a href="mailto:myfreebingocards.com/terms">myfreebingocards.com/terms</a>.

#### **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	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			

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

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

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

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

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

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

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

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

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

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

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

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

	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
No.	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
The second secon	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

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

	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
A CANAL CONTRACTOR	Tell someone how you are feeling	Bake something with pumpkin	Paint or carve a pumpkin	Help a peer	Give a compliment

	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
THE PERSON NAMED IN COLUMN 1	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
A COLONIAL OF THE PERSON NAMED IN	Binge watch something new	Enjoy a pumpkin coffee/apple cider	Bake something with apple	Call a friend	Bake something with pumpkin

100	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

NAME OF TAXABLE PARTY.	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

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

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

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

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

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

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

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

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

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

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

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

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