

# 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/bw4qmqa](https://mfbc.us/e/bw4qmqa)

## 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](https://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/bw4qmqa](https://mfbc.us/s/bw4qmqa)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/bw4qmqa](https://mfbc.us/e/bw4qmqa)

Go to [myfreebingocards.com/bingo-card-generator](https://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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

Taking a shower	Journal your feelings	Sing your favorite song	Having a special treat	Restful sleep	Sit out in the sun
Talking with a friend	Watching your favorite movie	Meditate	Read your favorite book	10 minutes of exercise	Being kind to yourself
Stretch	Sit quietly	Dance			

Bingo Card ID 001

# SELF-CARE

Dance	Meditate	Taking a shower	Sit quietly
Watching your favorite movie	Journal your feelings	Being kind to yourself	Read your favorite book
Sing your favorite song	10 minutes of exercise	<b>FREE SPACE</b>	Stretch
Restful sleep	Sit out in the sun	Having a special treat	Talking with a friend

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Bingo Card ID 002

# SELF-CARE

Talking with a friend	Sing your favorite song	Sit quietly	Read your favorite book
Meditate	Having a special treat	Sit out in the sun	Being kind to yourself
Dance	<b>FREE SPACE</b>	Journal your feelings	Stretch
10 minutes of exercise	Restful sleep	Taking a shower	Watching your favorite movie

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Bingo Card ID 003

# SELF-CARE

Watching your favorite movie	Sit out in the sun	Stretch	Meditate
Dance	Read your favorite book	<b>FREE SPACE</b>	Talking with a friend
Being kind to yourself	Restful sleep	10 minutes of exercise	Sing your favorite song
Taking a shower	Having a special treat	Journal your feelings	Sit quietly

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Bingo Card ID 004

# SELF-CARE

Taking a shower	Journal your feelings	Talking with a friend	Being kind to yourself
Watching your favorite movie	<b>FREE SPACE</b>	Read your favorite book	Having a special treat
Meditate	Sing your favorite song	Sit out in the sun	Sit quietly
Dance	10 minutes of exercise	Stretch	Restful sleep

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Bingo Card ID 005

# SELF-CARE

Taking a shower	Journal your feelings	10 minutes of exercise	Read your favorite book
Sing your favorite song	Being kind to yourself	Dance	Sit quietly
Stretch	<b>FREE SPACE</b>	Having a special treat	Meditate
Sit out in the sun	Watching your favorite movie	Restful sleep	Talking with a friend

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Bingo Card ID 006

# SELF-CARE

Taking a shower	Dance	Having a special treat	Meditate
Read your favorite book	Talking with a friend	Watching your favorite movie	10 minutes of exercise
Stretch	Sing your favorite song	<b>FREE SPACE</b>	Journal your feelings
Sit out in the sun	Sit quietly	Being kind to yourself	Restful sleep

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Bingo Card ID 007

# SELF-CARE

Having a special treat	Restful sleep	Meditate	Stretch
Being kind to yourself	<b>FREE SPACE</b>	Read your favorite book	Sit quietly
Watching your favorite movie	Taking a shower	Sit out in the sun	Talking with a friend
10 minutes of exercise	Dance	Journal your feelings	Sing your favorite song

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Bingo Card ID 008

# SELF-CARE

Sit quietly	Sing your favorite song	10 minutes of exercise	Having a special treat
Being kind to yourself	Taking a shower	<b>FREE SPACE</b>	Journal your feelings
Watching your favorite movie	Dance	Meditate	Read your favorite book
Stretch	Restful sleep	Sit out in the sun	Talking with a friend

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Bingo Card ID 009

# SELF-CARE

Sing your favorite song	Sit out in the sun	Talking with a friend	Being kind to yourself
Journal your feelings	Meditate	Stretch	Taking a shower
Watching your favorite movie	<b>FREE SPACE</b>	Read your favorite book	Restful sleep
Having a special treat	Sit quietly	10 minutes of exercise	Dance

Bingo Card ID 010

# SELF-CARE

Dance	Having a special treat	Restful sleep	Read your favorite book
Being kind to yourself	10 minutes of exercise	Talking with a friend	Sit out in the sun
Stretch	<b>FREE SPACE</b>	Taking a shower	Journal your feelings
Sit quietly	Meditate	Sing your favorite song	Watching your favorite movie

Bingo Card ID 011

# SELF-CARE

Dance	Being kind to yourself	Meditate	Watching your favorite movie
Sing your favorite song	Restful sleep	Taking a shower	Talking with a friend
Stretch	<b>FREE SPACE</b>	Having a special treat	10 minutes of exercise
Journal your feelings	Read your favorite book	Sit quietly	Sit out in the sun

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Bingo Card ID 012

# SELF-CARE

Watching your favorite movie	Restful sleep	Read your favorite book	Dance
Sit out in the sun	Talking with a friend	Sit quietly	Meditate
Stretch	Being kind to yourself	<b>FREE SPACE</b>	Taking a shower
10 minutes of exercise	Having a special treat	Sing your favorite song	Journal your feelings

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Bingo Card ID 013

# SELF-CARE

Sing your favorite song	Journal your feelings	Sit out in the sun	Talking with a friend
Having a special treat	Meditate	Watching your favorite movie	Read your favorite book
Restful sleep	10 minutes of exercise	<b>FREE SPACE</b>	Being kind to yourself
Dance	Sit quietly	Stretch	Taking a shower

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Bingo Card ID 014

# SELF-CARE

Sit out in the sun	Journal your feelings	Stretch	Having a special treat
Talking with a friend	Sit quietly	Watching your favorite movie	Read your favorite book
10 minutes of exercise	<b>FREE SPACE</b>	Taking a shower	Being kind to yourself
Meditate	Dance	Restful sleep	Sing your favorite song

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Bingo Card ID 015

# SELF-CARE

Restful sleep	Sing your favorite song	Taking a shower	Dance
Talking with a friend	Being kind to yourself	<b>FREE SPACE</b>	Meditate
Watching your favorite movie	Journal your feelings	Sit quietly	Read your favorite book
10 minutes of exercise	Having a special treat	Sit out in the sun	Stretch

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Bingo Card ID 016

# SELF-CARE

Being kind to yourself	Stretch	Watching your favorite movie	Read your favorite book
Talking with a friend	10 minutes of exercise	Taking a shower	Sit out in the sun
Sit quietly	<b>FREE SPACE</b>	Sing your favorite song	Journal your feelings
Dance	Restful sleep	Having a special treat	Meditate

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Bingo Card ID 017

# SELF-CARE

Watching your favorite movie	Taking a shower	Journal your feelings	Meditate
Dance	Restful sleep	Sing your favorite song	Sit out in the sun
10 minutes of exercise	<b>FREE SPACE</b>	Sit quietly	Talking with a friend
Stretch	Having a special treat	Being kind to yourself	Read your favorite book

Bingo Card ID 018

# SELF-CARE

Dance	Stretch	10 minutes of exercise	Journal your feelings
Talking with a friend	Watching your favorite movie	Taking a shower	Sing your favorite song
Sit out in the sun	Sit quietly	<b>FREE SPACE</b>	Read your favorite book
Meditate	Restful sleep	Having a special treat	Being kind to yourself

Bingo Card ID 019

# SELF-CARE

Sit quietly	Read your favorite book	Having a special treat	Sit out in the sun
Stretch	<b>FREE SPACE</b>	Sing your favorite song	Journal your feelings
Talking with a friend	Meditate	Being kind to yourself	Restful sleep
10 minutes of exercise	Taking a shower	Watching your favorite movie	Dance

Bingo Card ID 020

# SELF-CARE

Read your favorite book	Talking with a friend	Watching your favorite movie	10 minutes of exercise
Restful sleep	Dance	<b>FREE SPACE</b>	Taking a shower
Sing your favorite song	Sit quietly	Stretch	Having a special treat
Being kind to yourself	Meditate	Journal your feelings	Sit out in the sun

Bingo Card ID 021

# SELF-CARE

Watching your favorite movie	Restful sleep	Taking a shower	Being kind to yourself
Journal your feelings	<b>FREE SPACE</b>	Having a special treat	Meditate
Sit out in the sun	10 minutes of exercise	Dance	Read your favorite book
Stretch	Talking with a friend	Sit quietly	Sing your favorite song

Bingo Card ID 022

# SELF-CARE

Stretch	10 minutes of exercise	Journal your feelings	Sit out in the sun
Taking a shower	<b>FREE SPACE</b>	Dance	Being kind to yourself
Sing your favorite song	Sit quietly	Having a special treat	Talking with a friend
Meditate	Restful sleep	Watching your favorite movie	Read your favorite book

Bingo Card ID 023

# SELF-CARE

Sit quietly	Sit out in the sun	10 minutes of exercise	Having a special treat
Sing your favorite song	Stretch	Read your favorite book	Restful sleep
Talking with a friend	<b>FREE SPACE</b>	Journal your feelings	Watching your favorite movie
Meditate	Being kind to yourself	Dance	Taking a shower

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Bingo Card ID 024

# SELF-CARE

Read your favorite book	Dance	Sit quietly	Watching your favorite movie
Taking a shower	Journal your feelings	Restful sleep	Talking with a friend
Sing your favorite song	Stretch	<b>FREE SPACE</b>	10 minutes of exercise
Having a special treat	Meditate	Sit out in the sun	Being kind to yourself

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Bingo Card ID 025

# SELF-CARE

Talking with a friend	Journal your feelings	Having a special treat	Sing your favorite song
Stretch	<b>FREE SPACE</b>	10 minutes of exercise	Sit out in the sun
Sit quietly	Watching your favorite movie	Dance	Meditate
Restful sleep	Taking a shower	Being kind to yourself	Read your favorite book

Bingo Card ID 026

# SELF-CARE

10 minutes of exercise	Restful sleep	Sit out in the sun	Read your favorite book
Being kind to yourself	<b>FREE SPACE</b>	Stretch	Sit quietly
Journal your feelings	Having a special treat	Taking a shower	Talking with a friend
Watching your favorite movie	Dance	Sing your favorite song	Meditate

Bingo Card ID 027

# SELF-CARE

Taking a shower	Restful sleep	Talking with a friend	10 minutes of exercise
Being kind to yourself	<b>FREE SPACE</b>	Journal your feelings	Stretch
Having a special treat	Sing your favorite song	Watching your favorite movie	Sit out in the sun
Sit quietly	Dance	Meditate	Read your favorite book

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Bingo Card ID 028

# SELF-CARE

Sit quietly	Read your favorite book	10 minutes of exercise	Having a special treat
Watching your favorite movie	Dance	Journal your feelings	Sing your favorite song
Sit out in the sun	<b>FREE SPACE</b>	Meditate	Restful sleep
Talking with a friend	Being kind to yourself	Stretch	Taking a shower

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Bingo Card ID 029

# SELF-CARE

Sit quietly	Dance	10 minutes of exercise	Journal your feelings
Restful sleep	Being kind to yourself	<b>FREE SPACE</b>	Having a special treat
Stretch	Sing your favorite song	Talking with a friend	Watching your favorite movie
Read your favorite book	Meditate	Sit out in the sun	Taking a shower

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Bingo Card ID 030

# SELF-CARE

Restful sleep	Being kind to yourself	Read your favorite book	Meditate
Watching your favorite movie	Sit quietly	<b>FREE SPACE</b>	Journal your feelings
Taking a shower	Talking with a friend	Dance	Stretch
Having a special treat	Sit out in the sun	10 minutes of exercise	Sing your favorite song

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