

# 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/cxw4at](https://mfbc.us/e/cxw4at)

## 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/cxw4at](https://mfbc.us/s/cxw4at)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/cxw4at](https://mfbc.us/e/cxw4at)

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.

Left work at a reasonable time	Worked out	Tried something new	(write in your own self care)	Went to bed at a reasonable time	Was kind to myself when I could have been hard on myself	Ate something good for me
Took a relaxing bath	Took quiet time	Read for fun	(write in your own self care)	Took a nap	Enjoyed a beverage of my choosing :)	Spent time outside
Vented to someone I trust	Made a gratitude list	(write in your own self care)	Pampered myself	Ate something delicious	Did something I've been putting off	Spent quality time with someone I love
Stretched	Was LAZY	Wrote some positive affirmations for myself	Worked out 3 times in one week			

# Self Care Bingo

Visited to someone I trust	(write in your own self care)	Spent time outside	Did something I've been putting off	Took a relaxing bath
Read for fun	Took quiet time	Was LAZY	Took a nap	Ate something good for me
Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)	Worked out	(write in your own self care)	Worked out 3 times in one week
Made a gratitude list	(write in your own self care)	Spent quality time with someone I love	Wrote some positive affirmations for myself	Pampered myself
Left work at a reasonable time	Ate something delicious	Tried something new	Stretched	Went to bed at a reasonable time

# Self Care Bingo

Was <b>LAZY</b>	Stretched	Took quiet time	vented to someone I trust	Made a gratitude list
Read for fun	Enjoyed a beverage of my choosing :)	Tried something new	Was kind to myself when I could have been hard on myself	Did something I've been putting off
Worked out 3 times in one week	Pampered myself	Ate something delicious	(write in your own self care)	Spent quality time with someone I love
Ate something good for me	(write in your own self care)	Worked out	(write in your own self care)	Spent time outside
Took a relaxing bath	Left work at a reasonable time	Went to bed at a reasonable time	<b>Took a nap</b>	Wrote some positive affirmations for myself

# Self Care Bingo

Tried something new	Took a nap	Was LAZY	Pampered myself	Spent quality time with someone I love
Went to bed at a reasonable time	Did something I've been putting off	Wrote some positive affirmations for myself	(write in your own self care)	Worked out
Enjoyed a beverage of my choosing :)	Stretched	Vented to someone I trust	(write in your own self care)	Took quiet time
Left work at a reasonable time	Was kind to myself when I could have been hard on myself	(write in your own self care)	Made a gratitude list	Worked out 3 times in one week
Took a relaxing bath	Spent time outside	Read for fun	Ate something good for me	Ate something delicious

# Self Care Bingo

Worked out	Spent time outside	Was kind to myself when I could have been hard on myself	Ate something good for me	Stretched
(write in your own self care)	Took a nap	Took a relaxing bath	Worked out 3 times in one week	Was LAZY
Vented to someone I trust	Tried something new	Wrote some positive affirmations for myself	Enjoyed a beverage of my choosing :)	Ate something delicious
Pampered myself	Made a gratitude list	Did something I've been putting off	Went to bed at a reasonable time	Read for fun
Took quiet time	(write in your own self care)	Spent quality time with someone I love	(write in your own self care)	Left work at a reasonable time

# Self Care Bingo

Spent time outside	Ate something good for me	Worked out	Enjoyed a beverage of my choosing :)	(write in your own self care)
Made a gratitude list	Was <b>LAZY</b>	Took quiet time	(write in your own self care)	Went to bed at a resonable time
Wrote some positive affirmations for myself	(write in your own self care)	Worked out 3 times in one week	Read for fun	Spent quality time with someone I love
Did something I've been putting off	Ate something delicious	Took a nap	Pampered myself	Vented to someone I trust
Left work at a reasonable time	Was kind to myself when I could have been hard on myself	Tried something new	Stretched	Took a relaxing bath

# Self Care Bingo

Spent time outside	(write in your own self care)	☺Vented to someone I trust	Did something I've been putting off	☺Wrote some positive affirmations for myself
☺Ate something delicious	Took quiet time	☺Enjoyed a beverage of my choosing :)	Stretched	☺Was LAZY
Took a nap	(write in your own self care)	☺Tried something new	Took a relaxing bath	Spent quality time with someone I love
☺Made a gratitude list	☺Was kind to myself when I could have been hard on myself	☺Worked out	☺Worked out 3 times in one week	☺Read for fun
☺Pampered myself	☺Went to bed at a resonable time	☺Ate something good for me	(write in your own self care)	☺Left work at a reasonable time

# Self Care Bingo

Worked out 3 times in one week	Ate something delicious	Took a relaxing bath	Was kind to myself when I could have been hard on myself	Wrote some positive affirmations for myself
Left work at a reasonable time	<b>Was LAZY</b>	Took quiet time	Did something I've been putting off	Spent quality time with someone I love
Enjoyed a beverage of my choosing :)	Tried something new	Read for fun	(write in your own self care)	<b>Took a nap</b>
Spent time outside	Stretched	Pampered myself	(write in your own self care)	Worked out
Vented to someone I trust	Made a gratitude list	Ate something good for me	Went to bed at a reasonable time	(write in your own self care)

# Self Care Bingo

Worked out 3 times in one week	Vented to someone I trust	Made a gratitude list	Read for fun	(write in your own self care)
Ate something delicious	Worked out	(write in your own self care)	Spent time outside	Ate something good for me
Was LAZY	Tried something new	Took a nap	Enjoyed a beverage of my choosing :)	Did something I've been putting off
Went to bed at a reasonable time	(write in your own self care)	Wrote some positive affirmations for myself	Spent quality time with someone I love	Took a relaxing bath
Pampered myself	Left work at a reasonable time	Took quiet time	Stretched	Was kind to myself when I could have been hard on myself

# Self Care Bingo

Made a gratitude list	Pampered myself	Stretched	Was kind to myself when I could have been hard on myself	(write in your own self care)
Spent time outside	Ate something good for me	Did something I've been putting off	Spent quality time with someone I love	Vented to someone I trust
Tried something new	<b>Took a nap</b>	Worked out 3 times in one week	Enjoyed a beverage of my choosing :)	Took quiet time
Went to bed at a reasonable time	Left work at a reasonable time	Took a relaxing bath	Ate something delicious	Read for fun
(write in your own self care)	<b>Was LAZY</b>	(write in your own self care)	Wrote some positive affirmations for myself	Worked out

# Self Care Bingo

Worked out	Was kind to myself when I could have been hard on myself	Took a relaxing bath	(write in your own self care)	Ate something delicious
Took quiet time	Left work at a reasonable time	Enjoyed a beverage of my choosing :)	(write in your own self care)	(write in your own self care)
Stretched	Wrote some positive affirmations for myself	Vented to someone I trust	Pampered myself	Was LAZY
Spent quality time with someone I love	Worked out 3 times in one week	Spent time outside	Went to bed at a reasonable time	Ate something good for me
Read for fun	Tried something new	Made a gratitude list	Did something I've been putting off	Took a nap

# Self Care Bingo

(write in your own self care)	Went to bed at a resonable time	Vented to someone I trust	(write in your own self care)	Did something I've been putting off
Took a nap	Made a gratitude list	Spent time outside	Stretched	Was LAZY
Left work at a reasonable time	Worked out 3 times in one week	Took a relaxing bath	Wrote some positive affirmations for myself	Spent quality time with someone I love
Took quiet time	Tried something new	Was kind to myself when I could have been hard on myself	Ate something delicious	Worked out
(write in your own self care)	Enjoyed a beverage of my choosing :)	Ate something good for me	Read for fun	Pampered myself

# Self Care Bingo

Took quiet time	Left work at a reasonable time	Took a nap	(write in your own self care)	Enjoyed a beverage of my choosing :)
Pampered myself	Stretched	Read for fun	Went to bed at a reasonable time	Did something I've been putting off
Spent quality time with someone I love	Was LAZY	(write in your own self care)	Wrote some positive affirmations for myself	Worked out 3 times in one week
Spent time outside	Worked out	Vented to someone I trust	Made a gratitude list	Ate something delicious
(write in your own self care)	Tried something new	Took a relaxing bath	Was kind to myself when I could have been hard on myself	Ate something good for me

# Self Care Bingo

Was <b>LAZY</b>	☺ Wrote some positive affirmations for myself	☺ Ate something good for me	☺ Made a gratitude list	☺ Pampered myself
Stretched	☺ Ate something delicious	☺ Did something I've been putting off	☺ Worked out 3 times in one week	<b>Took a nap</b>
Took quiet time	☺ Was kind to myself when I could have been hard on myself	☺ Vented to someone I trust	☺ Enjoyed a beverage of my choosing :)	☺ Left work at a reasonable time
(write in your own self care)	<b>Took a relaxing bath</b>	(write in your own self care)	<b>Read for fun</b>	☺ Worked out
(write in your own self care)	☺ Spent quality time with someone I love	<b>Spent time outside</b>	☺ Went to bed at a reasonable time	☺ Tried something new

# Self Care Bingo

Pampered myself	Wrote some positive affirmations for myself	Ate something good for me	Spent quality time with someone I love	Stretched
Ate something delicious	Was <b>LAZY</b>	Tried something new	Read for fun	Took a nap
Enjoyed a beverage of my choosing :)	Went to bed at a reasonable time	Took quiet time	(write in your own self care)	Spent time outside
Took a relaxing bath	(write in your own self care)	Worked out	Did something I've been putting off	Was kind to myself when I could have been hard on myself
Vented to someone I trust	Worked out 3 times in one week	Made a gratitude list	Left work at a reasonable time	(write in your own self care)

# Self Care Bingo

Left work at a reasonable time	Made a gratitude list	Spent time outside	Took quiet time	(write in your own self care)
Tried something new	Worked out	Stretched	Did something I've been putting off	(write in your own self care)
Took a nap	Ate something good for me	Was kind to myself when I could have been hard on myself	Was LAZY	Vented to someone I trust
Wrote some positive affirmations for myself	Read for fun	Enjoyed a beverage of my choosing :)	Worked out 3 times in one week	(write in your own self care)
Went to bed at a reasonable time	Ate something delicious	Took a relaxing bath	Spent quality time with someone I love	Pampered myself

# Self Care Bingo

(write in your own self care)	<b>Took a nap</b>	Spent quality time with someone I love	Worked out 3 times in one week	Enjoyed a beverage of my choosing :)
Worked out	Went to bed at a resonable time	<b>Was LAZY</b>	Wrote some positive affirmations for myself	Stretched
Tried something new	Took a relaxing bath	(write in your own self care)	Spent time outside	Pampered myself
Took quiet time	Vented to someone I trust	<b>Read for fun</b>	Made a gratitude list	Was kind to myself when I could have been hard on myself
Ate something good for me	Left work at a reasonable time	(write in your own self care)	Did something I've been putting off	Ate something delicious

# Self Care Bingo

Spent time outside	Took a nap	Did something I've been putting off	Worked out 3 times in one week	Wrote some positive affirmations for myself
Ate something good for me	Left work at a reasonable time	(write in your own self care)	Was kind to myself when I could have been hard on myself	Made a gratitude list
Pampered myself	Stretched	(write in your own self care)	Read for fun	Took quiet time
Spent quality time with someone I love	Ate something delicious	Went to bed at a reasonable time	Took a relaxing bath	Tried something new
Vented to someone I trust	Worked out	(write in your own self care)	Enjoyed a beverage of my choosing :)	Was <b>LAZY</b>

# Self Care Bingo

Spent quality time with someone I love	(write in your own self care)	(write in your own self care)	Ate something good for me	Was LAZY
Stretched	Vented to someone I trust	Took a nap	Took a relaxing bath	Tried something new
Worked out	Spent time outside	Read for fun	Pampered myself	Made a gratitude list
Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)	Left work at a reasonable time	Did something I've been putting off	Ate something delicious
(write in your own self care)	Took quiet time	Went to bed at a reasonable time	Worked out 3 times in one week	Wrote some positive affirmations for myself

# Self Care Bingo

Enjoyed a beverage of my choosing :)	Read for fun	Wrote some positive affirmations for myself	Spent quality time with someone I love	Pampered myself
Ate something delicious	Made a gratitude list	Ate something good for me	Stretched	Took a relaxing bath
Tried something new	Worked out 3 times in one week	Vented to someone I trust	Did something I've been putting off	Was kind to myself when I could have been hard on myself
Took quiet time	Left work at a reasonable time	Was <b>LAZY</b>	(write in your own self care)	(write in your own self care)
Spent time outside	Went to bed at a reasonable time	Took a nap	Worked out	(write in your own self care)

# Self Care Bingo

Stretched	Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)	<b>Took a nap</b>	(write in your own self care)
Took quiet time	Took a relaxing bath	Left work at a reasonable time	Spent time outside	(write in your own self care)
Wrote some positive affirmations for myself	Went to bed at a reasonable time	<b>Read for fun</b>	Spent quality time with someone I love	Made a gratitude list
<b>Was LAZY</b>	Ate something delicious	Worked out	Worked out 3 times in one week	Tried something new
(write in your own self care)	Did something I've been putting off	Ate something good for me	Pampered myself	Vented to someone I trust

# Self Care Bingo

Was kind to myself when I could have been hard on myself	Took a relaxing bath	Took a nap	Left work at a reasonable time	Vented to someone I trust
Tried something new	Spent time outside	Worked out	Ate something good for me	(write in your own self care)
Ate something delicious	Did something I've been putting off	Worked out 3 times in one week	Wrote some positive affirmations for myself	Pampered myself
Took quiet time	Was <b>LAZY</b>	(write in your own self care)	Stretched	Spent quality time with someone I love
Enjoyed a beverage of my choosing :)	(write in your own self care)	Read for fun	Went to bed at a reasonable time	Made a gratitude list

# Self Care Bingo

Spent quality time with someone I love	(write in your own self care)	Ate something good for me	Pampered myself	Took a relaxing bath
Spent time outside	Took quiet time	(write in your own self care)	Made a gratitude list	(write in your own self care)
Worked out 3 times in one week	<b>Was LAZY</b>	Went to bed at a reasonable time	Read for fun	Vented to someone I trust
Ate something delicious	Stretched	Was kind to myself when I could have been hard on myself	Did something I've been putting off	Left work at a reasonable time
Worked out	Wrote some positive affirmations for myself	Tried something new	<b>Took a nap</b>	Enjoyed a beverage of my choosing :)

# Self Care Bingo

Read for fun	Pampered myself	(write in your own self care)	Took quiet time	Ate something delicious
Was kind to myself when I could have been hard on myself	Worked out 3 times in one week	Tried something new	Worked out	Made a gratitude list
Was LAZY	Spent quality time with someone I love	Enjoyed a beverage of my choosing :)	Left work at a reasonable time	Wrote some positive affirmations for myself
Stretched	Went to bed at a resonable time	Took a relaxing bath	Took a nap	Ate something good for me
Did something I've been putting off	Vented to someone I trust	(write in your own self care)	(write in your own self care)	Spent time outside

# Self Care Bingo

Went to bed at a reasonable time	Tried something new	Enjoyed a beverage of my choosing :)	(write in your own self care)	Read for fun
Took a relaxing bath	<b>Took a nap</b>	Wrote some positive affirmations for myself	Worked out	Spent time outside
Stretched	Left work at a reasonable time	Ate something good for me	Spent quality time with someone I love	Made a gratitude list
Took quiet time	(write in your own self care)	Ate something delicious	Pampered myself	Did something I've been putting off
Vented to someone I trust	Was kind to myself when I could have been hard on myself	(write in your own self care)	<b>Was LAZY</b>	Worked out 3 times in one week

# Self Care Bingo

Tried something new	Stretched	Worked out	Ate something good for me	Ate something delicious
Made a gratitude list	Spent quality time with someone I love	(write in your own self care)	Pampered myself	Worked out 3 times in one week
Read for fun	Took a nap	(write in your own self care)	Was kind to myself when I could have been hard on myself	Went to bed at a reasonable time
Was <b>LAZY</b>	Wrote some positive affirmations for myself	Did something I've been putting off	Vented to someone I trust	Took a relaxing bath
Left work at a reasonable time	Spent time outside	Took quiet time	(write in your own self care)	Enjoyed a beverage of my choosing :)

# Self Care Bingo

(write in your own self care)	Left work at a reasonable time	Pampered myself	Was <b>LAZY</b>	Enjoyed a beverage of my choosing :)
(write in your own self care)	Worked out 3 times in one week	Spent quality time with someone I love	Was kind to myself when I could have been hard on myself	Read for fun
Ate something good for me	Took quiet time	Spent time outside	Ate something delicious	Took a relaxing bath
Tried something new	Went to bed at a reasonable time	Stretched	Wrote some positive affirmations for myself	Took a nap
Vented to someone I trust	Made a gratitude list	(write in your own self care)	Did something I've been putting off	Worked out

# Self Care Bingo

Spent time outside	Left work at a reasonable time	Worked out 3 times in one week	Worked out	Stretched
Was kind to myself when I could have been hard on myself	(write in your own self care)	(write in your own self care)	Wrote some positive affirmations for myself	Went to bed at a reasonable time
Ate something good for me	Tried something new	Spent quality time with someone I love	Ate something delicious	Vented to someone I trust
Made a gratitude list	Took a relaxing bath	Took a nap	Pampered myself	Read for fun
(write in your own self care)	Took quiet time	Was LAZY	Did something I've been putting off	Enjoyed a beverage of my choosing :)

# Self Care Bingo

Read for fun	Vented to someone I trust	Worked out 3 times in one week	Took quiet time	Enjoyed a beverage of my choosing :)
Was kind to myself when I could have been hard on myself	Went to bed at a resonable time	Worked out	(write in your own self care)	Took a nap
Ate something delicious	Tried something new	Was LAZY	Pampered myself	Made a gratitude list
Ate something good for me	(write in your own self care)	Left work at a reasonable time	Did something I've been putting off	Stretched
Wrote some positive affirmations for myself	Took a relaxing bath	(write in your own self care)	Spent quality time with someone I love	Spent time outside

# Self Care Bingo

Read for fun	(write in your own self care)	Went to bed at a resonable time	(write in your own self care)	Ate something good for me
Left work at a reasonable time	(write in your own self care)	Ate something delicious	Spent quality time with someone I love	Made a gratitude list
Stretched	Took a nap	Wrote some positive affirmations for myself	Worked out	Enjoyed a beverage of my choosing :)
Tried something new	Was LAZY	Was kind to myself when I could have been hard on myself	Did something I've been putting off	Worked out 3 times in one week
Took a relaxing bath	Took quiet time	Vented to someone I trust	Pampered myself	Spent time outside

# Self Care Bingo

Took a relaxing bath	Left work at a reasonable time	(write in your own self care)	Enjoyed a beverage of my choosing :)	Worked out
Did something I've been putting off	Took a nap	Was kind to myself when I could have been hard on myself	Read for fun	Worked out 3 times in one week
Vented to someone I trust	Stretched	Spent time outside	Ate something good for me	(write in your own self care)
Spent quality time with someone I love	Was LAZY	Tried something new	Pampered myself	Ate something delicious
(write in your own self care)	Went to bed at a reasonable time	Took quiet time	Made a gratitude list	Wrote some positive affirmations for myself