

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

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

## Edit and Create

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

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.

Social Self-Care	Sleep Hygiene	Reduce Caffeine Intake	Physical Self-Care	Educational Self-Care	Spiritual Self-Care
Emotional Self-Care	Meditation	Mindfulness	Appropriate Isolation	Positivity Posters	Exercise
Sleep Hygiene	Study	Mindful Breathing	Get Enough Sleep	Journal	Play Sports
Write a Letter	Read	Write	Listen to Nature Sounds	Name Your Own	Talk It Out
Healthy Diet	Go Outside	Yoga	Stretch		

# Self-Care Bingo

Sleep Hygiene	Emotional Self-Care	Write a Letter	Go Outside
Name Your Own	Positivity Posters	Yoga	Mindful Breathing
Sleep Hygiene	Read	FREE SPACE	Play Sports
Get Enough Sleep	Social Self-Care	Educational Self-Care	Healthy Diet

# Self-Care Bingo

Sleep Hygiene	Read	Physical Self-Care	Write
Sleep Hygiene	Listen to Nature Sounds	Mindful Breathing	Yoga
Healthy Diet	<b>FREE SPACE</b>	Go Outside	Reduce Caffeine Intake
Social Self-Care	Study	Write a Letter	Meditation

# Self-Care Bingo

Play Sports	Sleep Hygiene	Reduce Caffeine Intake	Meditation
Yoga	Mindfulness	FREE SPACE	Write a Letter
Write	Go Outside	Spiritual Self-Care	Talk It Out
Stretch	Physical Self-Care	Emotional Self-Care	Healthy Diet

# Self-Care Bingo

Stretch	Name Your Own	Social Self-Care	Yoga
Get Enough Sleep	FREE SPACE	Physical Self-Care	Write
Educational Self-Care	Play Sports	Positivity Posters	Study
Sleep Hygiene	Sleep Hygiene	Talk It Out	Healthy Diet

# Self-Care Bingo

Stretch	Name Your Own	Get Enough Sleep	Appropriate Isolation
Healthy Diet	Yoga	Sleep Hygiene	Listen to Nature Sounds
Educational Self-Care	<b>FREE SPACE</b>	Read	Spiritual Self-Care
Talk It Out	Emotional Self-Care	Mindful Breathing	Mindfulness

# Self-Care Bingo

Name Your Own	Emotional Self-Care	Sleep Hygiene	Exercise
Talk It Out	Go Outside	Healthy Diet	Read
Sleep Hygiene	Physical Self-Care	FREE SPACE	Play Sports
Appropriate Isolation	Mindfulness	Positivity Posters	Reduce Caffeine Intake



# Self-Care Bingo

Exercise	Study	Social Self-Care	Positivity Posters
Talk It Out	FREE SPACE	Sleep Hygiene	Journal
Read	Write a Letter	Go Outside	Mindfulness
Educational Self-Care	Reduce Caffeine Intake	Play Sports	Healthy Diet

# Self-Care Bingo

Study	Sleep Hygiene	Listen to Nature Sounds	Mindful Breathing
Appropriate Isolation	Exercise	FREE SPACE	Stretch
Educational Self-Care	Yoga	Name Your Own	Write
Get Enough Sleep	Sleep Hygiene	Reduce Caffeine Intake	Play Sports

# Self-Care Bingo

Listen to Nature Sounds	Write	Physical Self-Care	Meditation
Yoga	Social Self-Care	Educational Self-Care	Get Enough Sleep
Go Outside	<b>FREE SPACE</b>	Mindfulness	Name Your Own
Sleep Hygiene	Reduce Caffeine Intake	Play Sports	Healthy Diet

# Self-Care Bingo

Stretch	Social Self-Care	Positivity Posters	Emotional Self-Care
Exercise	Write	Read	Journal
Healthy Diet	FREE SPACE	Yoga	Educational Self-Care
Write a Letter	Appropriate Isolation	Physical Self-Care	Talk It Out

# Self-Care Bingo

Spiritual Self-Care	Emotional Self-Care	Sleep Hygiene	Educational Self-Care
Go Outside	Play Sports	Listen to Nature Sounds	Sleep Hygiene
Journal	FREE SPACE	Name Your Own	Physical Self-Care
Talk It Out	Study	Mindfulness	Positivity Posters

# Self-Care Bingo

Play Sports	Read	Journal	Meditation
Emotional Self-Care	Physical Self-Care	Healthy Diet	Mindful Breathing
Yoga	Spiritual Self-Care	FREE SPACE	Mindfulness
Go Outside	Educational Self-Care	Sleep Hygiene	Talk It Out

# Self-Care Bingo

Sleep Hygiene	Listen to Nature Sounds	Get Enough Sleep	Meditation
Talk It Out	Physical Self-Care	Exercise	Go Outside
Play Sports	Write	FREE SPACE	Study
Read	Social Self-Care	Sleep Hygiene	Healthy Diet

# Self-Care Bingo

Meditation	Get Enough Sleep	Talk It Out	Mindfulness
Exercise	Sleep Hygiene	Physical Self-Care	Play Sports
Mindful Breathing	FREE SPACE	Reduce Caffeine Intake	Healthy Diet
Write a Letter	Spiritual Self-Care	Read	Appropriate Isolation



# Self-Care Bingo

Journal	Listen to Nature Sounds	Name Your Own	Emotional Self-Care
Reduce Caffeine Intake	Read	FREE SPACE	Stretch
Physical Self-Care	Play Sports	Go Outside	Educational Self-Care
Social Self-Care	Yoga	Get Enough Sleep	Mindful Breathing

# Self-Care Bingo

Play Sports	Educational Self-Care	Mindfulness	Study
Healthy Diet	Write	Stretch	Spiritual Self-Care
Sleep Hygiene	FREE SPACE	Write a Letter	Talk It Out
Physical Self-Care	Reduce Caffeine Intake	Positivity Posters	Appropriate Isolation

# Self-Care Bingo

Play Sports	Name Your Own	Talk It Out	Get Enough Sleep
Go Outside	Study	Emotional Self-Care	Journal
Social Self-Care	<b>FREE SPACE</b>	Listen to Nature Sounds	Meditation
Physical Self-Care	Appropriate Isolation	Mindful Breathing	Mindfulness

# Self-Care Bingo

Mindfulness	Emotional Self-Care	Appropriate Isolation	Sleep Hygiene
Get Enough Sleep	Physical Self-Care	Sleep Hygiene	Play Sports
Positivity Posters	Reduce Caffeine Intake	FREE SPACE	Name Your Own
Stretch	Listen to Nature Sounds	Social Self-Care	Mindful Breathing

# Self-Care Bingo

Write	Healthy Diet	Mindful Breathing	Talk It Out
Meditation	FREE SPACE	Mindfulness	Exercise
Listen to Nature Sounds	Get Enough Sleep	Physical Self-Care	Positivity Posters
Reduce Caffeine Intake	Sleep Hygiene	Study	Write a Letter

# Self-Care Bingo

Social Self-Care	Healthy Diet	Physical Self-Care	Play Sports
Read	Appropriate Isolation	FREE SPACE	Yoga
Positivity Posters	Journal	Name Your Own	Talk It Out
Emotional Self-Care	Spiritual Self-Care	Write a Letter	Listen to Nature Sounds

# Self-Care Bingo

Social Self-Care	Positivity Posters	Play Sports	Journal
Reduce Caffeine Intake	FREE SPACE	Sleep Hygiene	Stretch
Name Your Own	Write a Letter	Get Enough Sleep	Write
Educational Self-Care	Exercise	Go Outside	Talk It Out

# Self-Care Bingo

Mindfulness	Appropriate Isolation	Get Enough Sleep	Meditation
Name Your Own	FREE SPACE	Positivity Posters	Read
Emotional Self-Care	Study	Sleep Hygiene	Listen to Nature Sounds
Educational Self-Care	Write	Spiritual Self-Care	Mindful Breathing



# Self-Care Bingo

Mindful Breathing	Meditation	Read	Appropriate Isolation
Write a Letter	Exercise	Social Self-Care	Study
Reduce Caffeine Intake	FREE SPACE	Listen to Nature Sounds	Stretch
Sleep Hygiene	Mindfulness	Healthy Diet	Journal

# Self-Care Bingo

Healthy Diet	Spiritual Self-Care	Reduce Caffeine Intake	Emotional Self-Care
Play Sports	Write a Letter	Mindful Breathing	Positivity Posters
Talk It Out	Stretch	FREE SPACE	Name Your Own
Get Enough Sleep	Journal	Physical Self-Care	Listen to Nature Sounds

# Self-Care Bingo

Physical Self-Care	Reduce Caffeine Intake	Stretch	Write a Letter
Get Enough Sleep	FREE SPACE	Mindfulness	Exercise
Listen to Nature Sounds	Appropriate Isolation	Meditation	Study
Yoga	Mindful Breathing	Write	Play Sports

# Self-Care Bingo

Appropriate Isolation	Meditation	Journal	Healthy Diet
Sleep Hygiene	FREE SPACE	Mindfulness	Study
Educational Self-Care	Social Self-Care	Mindful Breathing	Get Enough Sleep
Write	Read	Exercise	Name Your Own

# Self-Care Bingo

Name Your Own	Study	Journal	Write a Letter
Stretch	FREE SPACE	Physical Self-Care	Appropriate Isolation
Talk It Out	Social Self-Care	Educational Self-Care	Spiritual Self-Care
Yoga	Get Enough Sleep	Mindfulness	Reduce Caffeine Intake

# Self-Care Bingo

Study	Sleep Hygiene	Mindful Breathing	Read
Write a Letter	Healthy Diet	Write	Stretch
Spiritual Self-Care	FREE SPACE	Social Self-Care	Appropriate Isolation
Yoga	Reduce Caffeine Intake	Sleep Hygiene	Exercise

# Self-Care Bingo

Mindful Breathing	Write	Emotional Self-Care	Write a Letter
Spiritual Self-Care	Appropriate Isolation	FREE SPACE	Get Enough Sleep
Journal	Educational Self-Care	Exercise	Mindfulness
Physical Self-Care	Yoga	Listen to Nature Sounds	Talk It Out

# Self-Care Bingo

Journal	Positivity Posters	Educational Self-Care	Healthy Diet
Play Sports	Write a Letter	FREE SPACE	Stretch
Go Outside	Social Self-Care	Study	Mindful Breathing
Sleep Hygiene	Yoga	Physical Self-Care	Name Your Own