

# 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/h694f3u](https://mfbc.us/e/h694f3u)

## 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/h694f3u](https://mfbc.us/s/h694f3u)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/h694f3u](https://mfbc.us/e/h694f3u)

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.

<b>Eat healthy meal</b>	<b>Light a candle</b>	<b>Cook your favorite food</b>	<b>Go to the beach</b>
<b>Call your favorite person</b>	<b>Listen to music</b>	<b>Take a nap</b>	<b>Paint your nails</b>
<b>Plan a solo trip</b>			

# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Listen to music</b>	<b>Light a candle</b>
<b>Cook your favorite food</b>	<b>Paint your nails</b>	<b>Take a nap</b>
<b>Call your favorite person</b>	<b>Plan a solo trip</b>	<b>Go to the beach</b>

# SELF CARE BINGO

<b>Take a nap</b>	<b>Paint your nails</b>	<b>Listen to music</b>
<b>Go to the beach</b>	<b>Cook your favorite food</b>	<b>Eat healthy meal</b>
<b>Light a candle</b>	<b>Call your favorite person</b>	<b>Plan a solo trip</b>

# SELF CARE BINGO

<b>Listen to music</b>	<b>Eat healthy meal</b>	<b>Paint your nails</b>
<b>Cook your favorite food</b>	<b>Plan a solo trip</b>	<b>Call your favorite person</b>
<b>Take a nap</b>	<b>Go to the beach</b>	<b>Light a candle</b>

# SELF CARE BINGO

<b>Light a candle</b>	<b>Cook your favorite food</b>	<b>Paint your nails</b>
<b>Go to the beach</b>	<b>Listen to music</b>	<b>Take a nap</b>
<b>Eat healthy meal</b>	<b>Call your favorite person</b>	<b>Plan a solo trip</b>

# SELF CARE BINGO

<b>Light a candle</b>	<b>Call your favorite person</b>	<b>Paint your nails</b>
<b>Take a nap</b>	<b>Cook your favorite food</b>	<b>Eat healthy meal</b>
<b>Go to the beach</b>	<b>Listen to music</b>	<b>Plan a solo trip</b>

# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Go to the beach</b>	<b>Listen to music</b>
<b>Paint your nails</b>	<b>Call your favorite person</b>	<b>Take a nap</b>
<b>Light a candle</b>	<b>Cook your favorite food</b>	<b>Plan a solo trip</b>

# SELF CARE BINGO

<b>Go to the beach</b>	<b>Plan a solo trip</b>	<b>Listen to music</b>
<b>Cook your favorite food</b>	<b>Paint your nails</b>	<b>Call your favorite person</b>
<b>Eat healthy meal</b>	<b>Light a candle</b>	<b>Take a nap</b>

# SELF CARE BINGO

<b>Take a nap</b>	<b>Call your favorite person</b>	<b>Go to the beach</b>
<b>Cook your favorite food</b>	<b>Light a candle</b>	<b>Eat healthy meal</b>
<b>Listen to music</b>	<b>Paint your nails</b>	<b>Plan a solo trip</b>

# SELF CARE BINGO

<b>Take a nap</b>	<b>Cook your favorite food</b>	<b>Light a candle</b>
<b>Listen to music</b>	<b>Paint your nails</b>	<b>Plan a solo trip</b>
<b>Go to the beach</b>	<b>Call your favorite person</b>	<b>Eat healthy meal</b>

# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Go to the beach</b>	<b>Plan a solo trip</b>
<b>Paint your nails</b>	<b>Cook your favorite food</b>	<b>Call your favorite person</b>
<b>Light a candle</b>	<b>Listen to music</b>	<b>Take a nap</b>

# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Cook your favorite food</b>	<b>Listen to music</b>
<b>Take a nap</b>	<b>Plan a solo trip</b>	<b>Go to the beach</b>
<b>Call your favorite person</b>	<b>Light a candle</b>	<b>Paint your nails</b>

# SELF CARE BINGO

<b>Plan a solo trip</b>	<b>Paint your nails</b>	<b>Eat healthy meal</b>
<b>Listen to music</b>	<b>Cook your favorite food</b>	<b>Call your favorite person</b>
<b>Go to the beach</b>	<b>Take a nap</b>	<b>Light a candle</b>



# SELF CARE BINGO

<b>Take a nap</b>	<b>Light a candle</b>	<b>Go to the beach</b>
<b>Listen to music</b>	<b>Paint your nails</b>	<b>Plan a solo trip</b>
<b>Call your favorite person</b>	<b>Cook your favorite food</b>	<b>Eat healthy meal</b>

# SELF CARE BINGO

<b>Light a candle</b>	<b>Go to the beach</b>	<b>Paint your nails</b>
<b>Call your favorite person</b>	<b>Cook your favorite food</b>	<b>Listen to music</b>
<b>Eat healthy meal</b>	<b>Plan a solo trip</b>	<b>Take a nap</b>

# SELF CARE BINGO

<b>Plan a solo trip</b>	<b>Take a nap</b>	<b>Eat healthy meal</b>
<b>Cook your favorite food</b>	<b>Listen to music</b>	<b>Light a candle</b>
<b>Paint your nails</b>	<b>Call your favorite person</b>	<b>Go to the beach</b>

# SELF CARE BINGO

<b>Cook your favorite food</b>	<b>Paint your nails</b>	<b>Call your favorite person</b>
<b>Take a nap</b>	<b>Light a candle</b>	<b>Eat healthy meal</b>
<b>Plan a solo trip</b>	<b>Go to the beach</b>	<b>Listen to music</b>

# SELF CARE BINGO

<b>Light a candle</b>	<b>Listen to music</b>	<b>Eat healthy meal</b>
<b>Plan a solo trip</b>	<b>Take a nap</b>	<b>Call your favorite person</b>
<b>Go to the beach</b>	<b>Cook your favorite food</b>	<b>Paint your nails</b>

# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Call your favorite person</b>	<b>Light a candle</b>
<b>Take a nap</b>	<b>Paint your nails</b>	<b>Listen to music</b>
<b>Plan a solo trip</b>	<b>Go to the beach</b>	<b>Cook your favorite food</b>

# SELF CARE BINGO

<b>Paint your nails</b>	<b>Go to the beach</b>	<b>Take a nap</b>
<b>Light a candle</b>	<b>Listen to music</b>	<b>Cook your favorite food</b>
<b>Plan a solo trip</b>	<b>Call your favorite person</b>	<b>Eat healthy meal</b>

# SELF CARE BINGO

<b>Paint your nails</b>	<b>Call your favorite person</b>	<b>Plan a solo trip</b>
<b>Eat healthy meal</b>	<b>Take a nap</b>	<b>Go to the beach</b>
<b>Cook your favorite food</b>	<b>Listen to music</b>	<b>Light a candle</b>

# SELF CARE BINGO

<b>Plan a solo trip</b>	<b>Cook your favorite food</b>	<b>Light a candle</b>
<b>Go to the beach</b>	<b>Listen to music</b>	<b>Call your favorite person</b>
<b>Eat healthy meal</b>	<b>Paint your nails</b>	<b>Take a nap</b>

# SELF CARE BINGO

<b>Call your favorite person</b>	<b>Light a candle</b>	<b>Eat healthy meal</b>
<b>Cook your favorite food</b>	<b>Take a nap</b>	<b>Go to the beach</b>
<b>Listen to music</b>	<b>Plan a solo trip</b>	<b>Paint your nails</b>

# SELF CARE BINGO

Call your favorite person	Go to the beach	Take a nap
Paint your nails	Plan a solo trip	Light a candle
Listen to music	Cook your favorite food	Eat healthy meal

# SELF CARE BINGO

Paint your nails	Eat healthy meal	Light a candle
Plan a solo trip	Take a nap	Call your favorite person
Go to the beach	Listen to music	Cook your favorite food

# SELF CARE BINGO

<b>Light a candle</b>	<b>Go to the beach</b>	<b>Take a nap</b>
<b>Call your favorite person</b>	<b>Eat healthy meal</b>	<b>Listen to music</b>
<b>Plan a solo trip</b>	<b>Cook your favorite food</b>	<b>Paint your nails</b>

# SELF CARE BINGO

<b>Call your favorite person</b>	<b>Plan a solo trip</b>	<b>Paint your nails</b>
<b>Cook your favorite food</b>	<b>Light a candle</b>	<b>Go to the beach</b>
<b>Eat healthy meal</b>	<b>Take a nap</b>	<b>Listen to music</b>

# SELF CARE BINGO

<b>Plan a solo trip</b>	<b>Call your favorite person</b>	<b>Cook your favorite food</b>
<b>Light a candle</b>	<b>Go to the beach</b>	<b>Take a nap</b>
<b>Eat healthy meal</b>	<b>Listen to music</b>	<b>Paint your nails</b>

# SELF CARE BINGO

<b>Paint your nails</b>	<b>Call your favorite person</b>	<b>Go to the beach</b>
<b>Eat healthy meal</b>	<b>Light a candle</b>	<b>Take a nap</b>
<b>Listen to music</b>	<b>Plan a solo trip</b>	<b>Cook your favorite food</b>



# SELF CARE BINGO

<b>Eat healthy meal</b>	<b>Call your favorite person</b>	<b>Light a candle</b>
<b>Plan a solo trip</b>	<b>Cook your favorite food</b>	<b>Go to the beach</b>
<b>Take a nap</b>	<b>Paint your nails</b>	<b>Listen to music</b>

# SELF CARE BINGO

<b>Plan a solo trip</b>	<b>Cook your favorite food</b>	<b>Paint your nails</b>
<b>Listen to music</b>	<b>Light a candle</b>	<b>Eat healthy meal</b>
<b>Go to the beach</b>	<b>Call your favorite person</b>	<b>Take a nap</b>