

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/rptrgtv

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.

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/rptrgtv

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/rptrgtv

Go to 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.

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.

took a shower	got dressed	talked to a friend	sat with my feelings	gave myself a compliment	moved my body joyfully	ate food
listened to my body	challenged negative thoughts	had fun	went outside	tried something new	noticed my breath	practiced being mindful
did a hobby	used a coping skill	let myself cry	took a break	asked for help	had an honest talk	brushed my teeth
practiced self compassion	drank water	treated myself	I was kind with my mistake	read something for 30 minutes	went outside for 30 minutes	did not use any electronics for 1hr

Self-Care Bingo

read something for 30 minutes	ate food	went outside	did a hobby	let myself cry
noticed my breath	went outside for 30 minutes	had an honest talk	sat with my feelings	practiced being mindful
moved my body joyfully	challenged negative thoughts	talked to a friend	asked for help	did not use any electronics for 1hr
took a shower	gave myself a compliment	treated myself	used a coping skill	tried something new
had fun	I was kind with my mistake	got dressed	drank water	brushed my teeth

Self-Care Bingo

sat with my feelings	practiced being mindful	listened to my body	used a coping skill	read something for 30 minutes
gave myself a compliment	had an honest talk	went outside for 30 minutes	did not use any electronics for 1hr	did a hobby
practiced self compassion	talked to a friend	treated myself	went outside	got dressed
brushed my teeth	had fun	asked for help	challenged negative thoughts	ate food
took a shower	I was kind with my mistake	noticed my breath	let myself cry	drank water

Self-Care Bingo

moved my body joyfully	sat with my feelings	practiced self compassion	got dressed	went outside for 30 minutes
had fun	went outside	used a coping skill	did a hobby	took a break
tried something new	took a shower	listened to my body	ate food	did not use any electronics for 1hr
read something for 30 minutes	asked for help	practiced being mindful	drank water	talked to a friend
gave myself a compliment	I was kind with my mistake	treated myself	noticed my breath	let myself cry

Self-Care Bingo

took a shower	let myself cry	talked to a friend	went outside for 30 minutes	challenged negative thoughts
listened to my body	used a coping skill	asked for help	moved my body joyfully	noticed my breath
treated myself	read something for 30 minutes	sat with my feelings	tried something new	did not use any electronics for 1hr
practiced self compassion	went outside	brushed my teeth	took a break	got dressed
did a hobby	gave myself a compliment	had an honest talk	practiced being mindful	ate food

Self-Care Bingo

took a shower	let myself cry	challenged negative thoughts	I was kind with my mistake	did not use any electronics for 1hr
went outside for 30 minutes	sat with my feelings	gave myself a compliment	asked for help	practiced being mindful
took a break	tried something new	ate food	had an honest talk	had fun
treated myself	did a hobby	brushed my teeth	moved my body joyfully	got dressed
read something for 30 minutes	went outside	drank water	talked to a friend	used a coping skill

Self-Care Bingo

let myself cry	ate food	read something for 30 minutes	brushed my teeth	tried something new
did a hobby	did not use any electronics for 1hr	practiced being mindful	sat with my feelings	listened to my body
moved my body joyfully	I was kind with my mistake	had fun	noticed my breath	practiced self compassion
went outside for 30 minutes	used a coping skill	gave myself a compliment	talked to a friend	took a shower
treated myself	had an honest talk	got dressed	took a break	challenged negative thoughts

Self-Care Bingo

brushed my teeth	treated myself	talked to a friend	noticed my breath	tried something new
sat with my feelings	drank water	practiced being mindful	went outside	did a hobby
had fun	asked for help	practiced self compassion	moved my body joyfully	did not use any electronics for 1hr
used a coping skill	had an honest talk	let myself cry	listened to my body	got dressed
I was kind with my mistake	took a shower	went outside for 30 minutes	took a break	read something for 30 minutes

Self-Care Bingo

treated myself	read something for 30 minutes	gave myself a compliment	had an honest talk	I was kind with my mistake
brushed my teeth	took a shower	asked for help	went outside for 30 minutes	let myself cry
used a coping skill	challenged negative thoughts	sat with my feelings	practiced self compassion	moved my body joyfully
went outside	tried something new	ate food	took a break	did a hobby
did not use any electronics for 1hr	noticed my breath	had fun	drank water	practiced being mindful

Self-Care Bingo

gave myself a compliment	used a coping skill	listened to my body	got dressed	went outside for 30 minutes
talked to a friend	asked for help	challenged negative thoughts	did a hobby	had fun
let myself cry	read something for 30 minutes	practiced self compassion	moved my body joyfully	did not use any electronics for 1hr
treated myself	went outside	practiced being mindful	drank water	took a break
noticed my breath	brushed my teeth	had an honest talk	sat with my feelings	tried something new

Self-Care Bingo

took a shower	talked to a friend	noticed my breath	ate food	brushed my teeth
used a coping skill	practiced being mindful	drank water	did not use any electronics for 1hr	went outside for 30 minutes
asked for help	went outside	I was kind with my mistake	listened to my body	tried something new
read something for 30 minutes	sat with my feelings	got dressed	let myself cry	had fun
treated myself	took a break	challenged negative thoughts	had an honest talk	practiced self compassion

Self-Care Bingo

took a break	ate food	read something for 30 minutes	asked for help	did a hobby
moved my body joyfully	gave myself a compliment	sat with my feelings	drank water	let myself cry
listened to my body	tried something new	treated myself	had fun	noticed my breath
practiced self compassion	talked to a friend	practiced being mindful	brushed my teeth	used a coping skill
took a shower	I was kind with my mistake	did not use any electronics for 1hr	challenged negative thoughts	had an honest talk

Self-Care Bingo

moved my body joyfully	practiced being mindful	drank water	got dressed	ate food
listened to my body	did not use any electronics for 1hr	had an honest talk	went outside for 30 minutes	took a break
had fun	did a hobby	asked for help	sat with my feelings	tried something new
treated myself	let myself cry	read something for 30 minutes	took a shower	went outside
gave myself a compliment	I was kind with my mistake	brushed my teeth	practiced self compassion	talked to a friend

Self-Care Bingo

sat with my feelings	gave myself a compliment	challenged negative thoughts	got dressed	tried something new
listened to my body	brushed my teeth	did a hobby	moved my body joyfully	used a coping skill
treated myself	practiced being mindful	talked to a friend	read something for 30 minutes	did not use any electronics for 1hr
drank water	I was kind with my mistake	noticed my breath	asked for help	took a shower
had an honest talk	ate food	let myself cry	had fun	took a break

Self-Care Bingo

got dressed	challenged negative thoughts	tried something new	had fun	brushed my teeth
sat with my feelings	listened to my body	moved my body joyfully	had an honest talk	practiced self compassion
did not use any electronics for 1hr	went outside	took a break	practiced being mindful	I was kind with my mistake
let myself cry	noticed my breath	asked for help	took a shower	talked to a friend
did a hobby	read something for 30 minutes	treated myself	gave myself a compliment	drank water

Self-Care Bingo

drank water	gave myself a compliment	let myself cry	ate food	practiced self compassion
practiced being mindful	took a shower	listened to my body	moved my body joyfully	did a hobby
asked for help	talked to a friend	went outside for 30 minutes	challenged negative thoughts	had an honest talk
read something for 30 minutes	sat with my feelings	tried something new	did not use any electronics for 1hr	treated myself
I was kind with my mistake	took a break	brushed my teeth	used a coping skill	had fun

Self-Care Bingo

moved my body joyfully	asked for help	had fun	treated myself	did not use any electronics for 1hr
used a coping skill	took a shower	took a break	sat with my feelings	went outside
tried something new	listened to my body	practiced self compassion	noticed my breath	I was kind with my mistake
let myself cry	practiced being mindful	read something for 30 minutes	got dressed	had an honest talk
went outside for 30 minutes	talked to a friend	gave myself a compliment	challenged negative thoughts	drank water

Self-Care Bingo

moved my body joyfully	let myself cry	tried something new	challenged negative thoughts	did a hobby
treated myself	ate food	drank water	talked to a friend	gave myself a compliment
got dressed	listened to my body	I was kind with my mistake	had an honest talk	had fun
practiced being mindful	brushed my teeth	used a coping skill	went outside	noticed my breath
took a break	practiced self compassion	read something for 30 minutes	took a shower	asked for help

Self-Care Bingo

had fun	ate food	I was kind with my mistake	sat with my feelings	challenged negative thoughts
listened to my body	read something for 30 minutes	moved my body joyfully	noticed my breath	practiced self compassion
let myself cry	took a shower	gave myself a compliment	talked to a friend	had an honest talk
got dressed	did not use any electronics for 1hr	used a coping skill	went outside	did a hobby
drank water	went outside for 30 minutes	brushed my teeth	took a break	practiced being mindful

Self-Care Bingo

used a coping skill	did not use any electronics for 1hr	had an honest talk	tried something new	got dressed
had fun	brushed my teeth	gave myself a compliment	challenged negative thoughts	listened to my body
noticed my breath	practiced self compassion	read something for 30 minutes	treated myself	went outside
did a hobby	talked to a friend	practiced being mindful	asked for help	sat with my feelings
drank water	let myself cry	I was kind with my mistake	went outside for 30 minutes	took a break

Self-Care Bingo

talked to a friend	did not use any electronics for 1hr	listened to my body	moved my body joyfully	practiced being mindful
I was kind with my mistake	went outside for 30 minutes	noticed my breath	drank water	let myself cry
tried something new	ate food	took a break	went outside	gave myself a compliment
had an honest talk	had fun	sat with my feelings	brushed my teeth	took a shower
treated myself	practiced self compassion	asked for help	used a coping skill	did a hobby

Self-Care Bingo

talked to a friend	noticed my breath	moved my body joyfully	drank water	practiced self compassion
read something for 30 minutes	took a shower	let myself cry	went outside	challenged negative thoughts
used a coping skill	asked for help	brushed my teeth	did a hobby	tried something new
treated myself	went outside for 30 minutes	got dressed	practiced being mindful	sat with my feelings
I was kind with my mistake	listened to my body	had fun	did not use any electronics for 1hr	ate food

Self-Care Bingo

had fun	I was kind with my mistake	challenged negative thoughts	got dressed	let myself cry
noticed my breath	practiced being mindful	ate food	treated myself	sat with my feelings
gave myself a compliment	asked for help	used a coping skill	took a break	had an honest talk
read something for 30 minutes	went outside for 30 minutes	brushed my teeth	listened to my body	talked to a friend
went outside	drank water	took a shower	did a hobby	practiced self compassion

Self-Care Bingo

had an honest talk	got dressed	practiced being mindful	I was kind with my mistake	went outside
brushed my teeth	talked to a friend	treated myself	practiced self compassion	gave myself a compliment
took a shower	sat with my feelings	had fun	did not use any electronics for 1hr	drank water
used a coping skill	tried something new	listened to my body	took a break	noticed my breath
went outside for 30 minutes	moved my body joyfully	challenged negative thoughts	did a hobby	read something for 30 minutes

Self-Care Bingo

did not use any electronics for 1hr	took a break	practiced self compassion	ate food	moved my body joyfully
went outside	had an honest talk	noticed my breath	tried something new	took a shower
let myself cry	challenged negative thoughts	drank water	listened to my body	gave myself a compliment
had fun	practiced being mindful	I was kind with my mistake	brushed my teeth	did a hobby
got dressed	used a coping skill	went outside for 30 minutes	read something for 30 minutes	talked to a friend

Self-Care Bingo

listened to my body	practiced self compassion	took a shower	went outside	challenged negative thoughts
had fun	brushed my teeth	gave myself a compliment	I was kind with my mistake	got dressed
treated myself	went outside for 30 minutes	had an honest talk	used a coping skill	moved my body joyfully
ate food	talked to a friend	sat with my feelings	took a break	tried something new
read something for 30 minutes	did a hobby	let myself cry	noticed my breath	drank water

Self-Care Bingo

I was kind with my mistake	got dressed	drank water	did not use any electronics for 1hr	sat with my feelings
had fun	treated myself	asked for help	talked to a friend	had an honest talk
challenged negative thoughts	used a coping skill	practiced being mindful	brushed my teeth	let myself cry
noticed my breath	practiced self compassion	took a break	listened to my body	tried something new
moved my body joyfully	went outside for 30 minutes	read something for 30 minutes	gave myself a compliment	ate food

Self-Care Bingo

let myself cry	treated myself	drank water	went outside	took a shower
listened to my body	I was kind with my mistake	tried something new	talked to a friend	asked for help
took a break	went outside for 30 minutes	challenged negative thoughts	had fun	practiced self compassion
brushed my teeth	read something for 30 minutes	gave myself a compliment	used a coping skill	noticed my breath
moved my body joyfully	had an honest talk	got dressed	practiced being mindful	ate food

Self-Care Bingo

treated myself	read something for 30 minutes	had an honest talk	practiced being mindful	went outside
did not use any electronics for 1hr	used a coping skill	took a shower	took a break	talked to a friend
I was kind with my mistake	went outside for 30 minutes	practiced self compassion	sat with my feelings	brushed my teeth
moved my body joyfully	got dressed	gave myself a compliment	challenged negative thoughts	ate food
listened to my body	drank water	did a hobby	tried something new	asked for help

Self-Care Bingo

had an honest talk	used a coping skill	ate food	went outside	took a break
I was kind with my mistake	challenged negative thoughts	drank water	asked for help	brushed my teeth
had fun	listened to my body	went outside for 30 minutes	gave myself a compliment	tried something new
moved my body joyfully	took a shower	sat with my feelings	practiced self compassion	did not use any electronics for 1hr
talked to a friend	treated myself	did a hobby	noticed my breath	practiced being mindful

Self-Care Bingo

drank water	noticed my breath	asked for help	did not use any electronics for 1hr	moved my body joyfully
went outside	took a shower	did a hobby	talked to a friend	treated myself
had an honest talk	read something for 30 minutes	went outside for 30 minutes	listened to my body	let myself cry
challenged negative thoughts	ate food	had fun	sat with my feelings	practiced self compassion
got dressed	brushed my teeth	took a break	I was kind with my mistake	practiced being mindful