

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/rtze5pg

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/rtze5pg

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/rtze5pg

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.

Take a Nap	Lay Outside in the Sun	Take a Bath	Do Some Deep Breathing	Listen to Guided Meditation	Journal	Call a Friend
Have a Dance Party	Read a Book	Exercise	Listen to Calming Music	Look at Photos of Fun Times	Be Nice to Yourself	Validate your Feelings
Cook or Order Comfort Food	Call a Friend	Meditate	Take a Walk/Hike	Color/Draw/Paint	Do Nothing and Relax	Watch your Favorite Movie/Show
Go for a Scenic Drive	Take a Nap	Work on Puzzles	Tell Yourself you got This			

Bingo Card ID 001

Bingo Card ID 002

Self-Care Bingo

Self-Care Bingo

Take a Nap	Call a Friend	Listen to Calming Music	Do Nothing and Relax	Meditate
Journal	Read a Book	Take a Nap	Look at Photos of Fun Times	Cook or Order Comfort Food
Take a Walk/Hike	Do Some Deep Breathing	Validate your Feelings	Call a Friend	Watch your Favorite Movie/Show
Go for a Scenic Drive	Be Nice to Yourself	Lay Outside in the Sun	Work on Puzzles	Have a Dance Party
Exercise	Color/Draw/Paint	Take a Bath	Listen to Guided Meditation	Tell Yourself you got This

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Take a Nap	Listen to Guided Meditation	Read a Book	Take a Nap	Go for a Scenic Drive
Journal	Do Some Deep Breathing	Take a Bath	Take a Walk/Hike	Do Nothing and Relax
Watch your Favorite Movie/Show	Have a Dance Party	Color/Draw/Paint	Call a Friend	Lay Outside in the Sun
Cook or Order Comfort Food	Call a Friend	Validate your Feelings	Be Nice to Yourself	Listen to Calming Music
Meditate	Exercise	Tell Yourself you got This	Look at Photos of Fun Times	Work on Puzzles

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Bingo Card ID 003

Bingo Card ID 004

Self-Care Bingo

Self-Care Bingo

Take a Bath	Look at Photos of Fun Times	Take a Nap	Have a Dance Party	Lay Outside in the Sun
Tell Yourself you got This	Do Nothing and Relax	Work on Puzzles	Call a Friend	Validate your Feelings
Do Some Deep Breathing	Listen to Guided Meditation	Take a Nap	Call a Friend	Read a Book
Exercise	Take a Walk/Hike	Be Nice to Yourself	Go for a Scenic Drive	Watch your Favorite Movie/Show
Meditate	Listen to Calming Music	Journal	Cook or Order Comfort Food	Color/Draw/Paint

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Validate your Feelings	Listen to Calming Music	Take a Walk/Hike	Cook or Order Comfort Food	Listen to Guided Meditation
Call a Friend	Look at Photos of Fun Times	Meditate	Watch your Favorite Movie/Show	Take a Nap
Take a Nap	Take a Bath	Work on Puzzles	Do Some Deep Breathing	Color/Draw/Paint
Have a Dance Party	Go for a Scenic Drive	Do Nothing and Relax	Tell Yourself you got This	Journal
Read a Book	Call a Friend	Lay Outside in the Sun	Be Nice to Yourself	Exercise

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Bingo Card ID 005

Bingo Card ID 006

Self-Care Bingo

Self-Care Bingo

Listen to Calming Music	Cook or Order Comfort Food	Validate your Feelings	Do Some Deep Breathing	Be Nice to Yourself
Go for a Scenic Drive	Take a Nap	Read a Book	Call a Friend	Tell Yourself you got This
Work on Puzzles	Call a Friend	Watch your Favorite Movie/Show	Journal	Lay Outside in the Sun
Do Nothing and Relax	Color/Draw/Paint	Look at Photos of Fun Times	Have a Dance Party	Take a Nap
Exercise	Take a Walk/Hike	Take a Bath	Listen to Guided Meditation	Meditate

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Listen to Calming Music	Call a Friend	Take a Nap	Do Nothing and Relax	Work on Puzzles
Color/Draw/Paint	Read a Book	Do Some Deep Breathing	Listen to Guided Meditation	Take a Nap
Look at Photos of Fun Times	Be Nice to Yourself	Take a Bath	Meditate	Lay Outside in the Sun
Go for a Scenic Drive	Take a Walk/Hike	Validate your Feelings	Watch your Favorite Movie/Show	Journal
Have a Dance Party	Tell Yourself you got This	Cook or Order Comfort Food	Call a Friend	Exercise

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Bingo Card ID 007

Bingo Card ID 008

Self-Care Bingo

Self-Care Bingo

Watch your Favorite Movie/Show	Color/Draw/Paint	Meditate	Take a Walk/Hike	Work on Puzzles
Exercise	Take a Nap	Read a Book	Do Nothing and Relax	Lay Outside in the Sun
Do Some Deep Breathing	Take a Bath	Journal	Call a Friend	Look at Photos of Fun Times
Listen to Calming Music	Listen to Guided Meditation	Have a Dance Party	Be Nice to Yourself	Validate your Feelings
Take a Nap	Go for a Scenic Drive	Cook or Order Comfort Food	Tell Yourself you got This	Call a Friend

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Watch your Favorite Movie/Show	Take a Nap	Go for a Scenic Drive	Journal	Be Nice to Yourself
Color/Draw/Paint	Validate your Feelings	Call a Friend	Listen to Calming Music	Cook or Order Comfort Food
Take a Nap	Take a Bath	Look at Photos of Fun Times	Do Some Deep Breathing	Do Nothing and Relax
Tell Yourself you got This	Call a Friend	Work on Puzzles	Lay Outside in the Sun	Meditate
Have a Dance Party	Exercise	Read a Book	Listen to Guided Meditation	Take a Walk/Hike

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Bingo Card ID 009

Bingo Card ID 010

Self-Care Bingo

Self-Care Bingo

Go for a Scenic Drive	Have a Dance Party	Listen to Guided Meditation	Take a Walk/Hike	Call a Friend
Listen to Calming Music	Cook or Order Comfort Food	Do Nothing and Relax	Lay Outside in the Sun	Take a Nap
Take a Bath	Look at Photos of Fun Times	Watch your Favorite Movie/Show	Do Some Deep Breathing	Read a Book
Tell Yourself you got This	Exercise	Meditate	Color/Draw/Paint	Journal
Be Nice to Yourself	Take a Nap	Call a Friend	Work on Puzzles	Validate your Feelings

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Validate your Feelings	Take a Walk/Hike	Meditate	Call a Friend	Color/Draw/Paint
Read a Book	Exercise	Do Some Deep Breathing	Call a Friend	Be Nice to Yourself
Listen to Guided Meditation	Work on Puzzles	Take a Nap	Have a Dance Party	Take a Nap
Lay Outside in the Sun	Watch your Favorite Movie/Show	Listen to Calming Music	Tell Yourself you got This	Cook or Order Comfort Food
Journal	Take a Bath	Go for a Scenic Drive	Do Nothing and Relax	Look at Photos of Fun Times

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Self-Care Bingo

Call a Friend	Tell Yourself you got This	Take a Nap	Call a Friend	Do Nothing and Relax
Look at Photos of Fun Times	Go for a Scenic Drive	Listen to Calming Music	Listen to Guided Meditation	Take a Nap
Exercise	Watch your Favorite Movie/Show	Meditate	Work on Puzzles	Lay Outside in the Sun
Read a Book	Take a Bath	Take a Walk/Hike	Color/Draw/Paint	Validate your Feelings
Be Nice to Yourself	Do Some Deep Breathing	Cook or Order Comfort Food	Journal	Have a Dance Party

Read a Book	Exercise	Look at Photos of Fun Times	Call a Friend	Do Some Deep Breathing
Have a Dance Party	Listen to Guided Meditation	Journal	Tell Yourself you got This	Do Nothing and Relax
Lay Outside in the Sun	Take a Nap	Call a Friend	Work on Puzzles	Watch your Favorite Movie/Show
Listen to Calming Music	Validate your Feelings	Take a Nap	Go for a Scenic Drive	Color/Draw/Paint
Be Nice to Yourself	Take a Bath	Meditate	Take a Walk/Hike	Cook or Order Comfort Food

Self-Care Bingo

Self-Care Bingo

Take a Nap	Work on Puzzles	Cook or Order Comfort Food	Go for a Scenic Drive	Have a Dance Party
Listen to Guided Meditation	Color/Draw/Paint	Do Nothing and Relax	Watch your Favorite Movie/Show	Look at Photos of Fun Times
Read a Book	Take a Walk/Hike	Take a Nap	Do Some Deep Breathing	Exercise
Be Nice to Yourself	Meditate	Call a Friend	Journal	Validate your Feelings
Call a Friend	Lay Outside in the Sun	Listen to Calming Music	Tell Yourself you got This	Take a Bath

Have a Dance Party	Work on Puzzles	Cook or Order Comfort Food	Lay Outside in the Sun	Listen to Guided Meditation
Color/Draw/Paint	Take a Nap	Take a Bath	Journal	Look at Photos of Fun Times
Do Some Deep Breathing	Tell Yourself you got This	Read a Book	Be Nice to Yourself	Listen to Calming Music
Meditate	Call a Friend	Validate your Feelings	Do Nothing and Relax	Take a Walk/Hike
Take a Nap	Watch your Favorite Movie/Show	Go for a Scenic Drive	Exercise	Call a Friend

Bingo Card ID 015

Self-Care Bingo

Exercise	Go for a Scenic Drive	Listen to Calming Music	Read a Book	Call a Friend
Take a Bath	Validate your Feelings	Listen to Guided Meditation	Do Nothing and Relax	Call a Friend
Look at Photos of Fun Times	Cook or Order Comfort Food	Take a Walk/Hike	Take a Nap	Take a Nap
Work on Puzzles	Journal	Do Some Deep Breathing	Watch your Favorite Movie/Show	Be Nice to Yourself
Tell Yourself you got This	Color/Draw/Paint	Meditate	Lay Outside in the Sun	Have a Dance Party

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Bingo Card ID 016

Self-Care Bingo

Call a Friend	Look at Photos of Fun Times	Lay Outside in the Sun	Watch your Favorite Movie/Show	Do Some Deep Breathing
Validate your Feelings	Tell Yourself you got This	Take a Nap	Work on Puzzles	Listen to Guided Meditation
Take a Bath	Meditate	Be Nice to Yourself	Listen to Calming Music	Have a Dance Party
Read a Book	Take a Nap	Journal	Go for a Scenic Drive	Take a Walk/Hike
Cook or Order Comfort Food	Exercise	Call a Friend	Do Nothing and Relax	Color/Draw/Paint

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Self-Care Bingo

Self-Care Bingo

Listen to Calming Music	Look at Photos of Fun Times	Do Nothing and Relax	Watch your Favorite Movie/Show	Work on Puzzles
Cook or Order Comfort Food	Exercise	Call a Friend	Take a Walk/Hike	Go for a Scenic Drive
Have a Dance Party	Listen to Guided Meditation	Be Nice to Yourself	Journal	Read a Book
Lay Outside in the Sun	Color/Draw/Paint	Tell Yourself you got This	Meditate	Take a Bath
Take a Nap	Validate your Feelings	Call a Friend	Do Some Deep Breathing	Take a Nap

Lay Outside in the Sun	Call a Friend	Be Nice to Yourself	Cook or Order Comfort Food	Take a Nap
Listen to Guided Meditation	Take a Nap	Look at Photos of Fun Times	Meditate	Take a Bath
Validate your Feelings	Listen to Calming Music	Journal	Have a Dance Party	Go for a Scenic Drive
Take a Walk/Hike	Do Some Deep Breathing	Exercise	Do Nothing and Relax	Color/Draw/Paint
Call a Friend	Read a Book	Tell Yourself you got This	Watch your Favorite Movie/Show	Work on Puzzles

Self-Care Bingo

Self-Care Bingo

Do Some Deep Breathing	Journal	Work on Puzzles	Lay Outside in the Sun	Have a Dance Party
Color/Draw/Paint	Go for a Scenic Drive	Cook or Order Comfort Food	Listen to Guided Meditation	Meditate
Take a Bath	Watch your Favorite Movie/Show	Take a Nap	Do Nothing and Relax	Take a Walk/Hike
Read a Book	Exercise	Take a Nap	Call a Friend	Be Nice to Yourself
Listen to Calming Music	Tell Yourself you got This	Look at Photos of Fun Times	Validate your Feelings	Call a Friend

Listen to Guided Meditation	Take a Walk/Hike	Do Some Deep Breathing	Look at Photos of Fun Times	Be Nice to Yourself
Read a Book	Meditate	Exercise	Listen to Calming Music	Call a Friend
Work on Puzzles	Tell Yourself you got This	Journal	Lay Outside in the Sun	Go for a Scenic Drive
Take a Nap	Color/Draw/Paint	Validate your Feelings	Watch your Favorite Movie/Show	Take a Bath
Call a Friend	Do Nothing and Relax	Cook or Order Comfort Food	Have a Dance Party	Take a Nap

Self-Care Bingo

Self-Care Bingo

Take a Walk/Hike	Meditate	Look at Photos of Fun Times	Exercise	Take a Nap
Take a Bath	Listen to Calming Music	Validate your Feelings	Cook or Order Comfort Food	Call a Friend
Color/Draw/Paint	Do Nothing and Relax	Watch your Favorite Movie/Show	Work on Puzzles	Have a Dance Party
Read a Book	Take a Nap	Be Nice to Yourself	Listen to Guided Meditation	Lay Outside in the Sun
Do Some Deep Breathing	Call a Friend	Journal	Tell Yourself you got This	Go for a Scenic Drive

Lay Outside in the Sun	Be Nice to Yourself	Cook or Order Comfort Food	Have a Dance Party	Meditate
Listen to Calming Music	Read a Book	Call a Friend	Go for a Scenic Drive	Call a Friend
Watch your Favorite Movie/Show	Take a Nap	Tell Yourself you got This	Journal	Take a Nap
Color/Draw/Paint	Listen to Guided Meditation	Take a Walk/Hike	Do Nothing and Relax	Exercise
Validate your Feelings	Work on Puzzles	Take a Bath	Look at Photos of Fun Times	Do Some Deep Breathing

Self-Care Bingo

Self-Care Bingo

Journal	Have a Dance Party	Be Nice to Yourself	Read a Book	Color/Draw/Paint
Take a Walk/Hike	Watch your Favorite Movie/Show	Take a Bath	Validate your Feelings	Go for a Scenic Drive
Take a Nap	Lay Outside in the Sun	Do Some Deep Breathing	Exercise	Work on Puzzles
Listen to Guided Meditation	Tell Yourself you got This	Meditate	Look at Photos of Fun Times	Cook or Order Comfort Food
Do Nothing and Relax	Take a Nap	Call a Friend	Call a Friend	Listen to Calming Music

Tell Yourself you got This	Take a Bath	Do Some Deep Breathing	Call a Friend	Journal
Meditate	Look at Photos of Fun Times	Work on Puzzles	Validate your Feelings	Listen to Calming Music
Listen to Guided Meditation	Exercise	Cook or Order Comfort Food	Lay Outside in the Sun	Go for a Scenic Drive
Read a Book	Be Nice to Yourself	Color/Draw/Paint	Have a Dance Party	Do Nothing and Relax
Take a Nap	Take a Walk/Hike	Call a Friend	Take a Nap	Watch your Favorite Movie/Show

Self-Care Bingo

Take a Bath	Listen to Guided Meditation	Validate your Feelings	Cook or Order Comfort Food	Color/Draw/Paint
Go for a Scenic Drive	Lay Outside in the Sun	Be Nice to Yourself	Have a Dance Party	Watch your Favorite Movie/Show
Journal	Look at Photos of Fun Times	Call a Friend	Take a Walk/Hike	Tell Yourself you got This
Take a Nap	Work on Puzzles	Do Nothing and Relax	Take a Nap	Meditate
Exercise	Listen to Calming Music	Read a Book	Call a Friend	Do Some Deep Breathing

Self-Care Bingo

Be Nice to Yourself	Exercise	Have a Dance Party	Take a Nap	Do Some Deep Breathing
Call a Friend	Watch your Favorite Movie/Show	Lay Outside in the Sun	Take a Walk/Hike	Journal
Cook or Order Comfort Food	Read a Book	Listen to Calming Music	Color/Draw/Paint	Meditate
Take a Bath	Tell Yourself you got This	Listen to Guided Meditation	Work on Puzzles	Look at Photos of Fun Times
Take a Nap	Go for a Scenic Drive	Call a Friend	Do Nothing and Relax	Validate your Feelings

Self-Care Bingo

Listen to Calming Music	Exercise	Watch your Favorite Movie/Show	Validate your Feelings	Listen to Guided Meditation
Take a Walk/Hike	Call a Friend	Be Nice to Yourself	Work on Puzzles	Tell Yourself you got This
Cook or Order Comfort Food	Take a Bath	Lay Outside in the Sun	Color/Draw/Paint	Take a Nap
Go for a Scenic Drive	Meditate	Look at Photos of Fun Times	Have a Dance Party	Journal
Call a Friend	Read a Book	Take a Nap	Do Nothing and Relax	Do Some Deep Breathing

Self-Care Bingo

Journal	Take a Nap	Watch your Favorite Movie/Show	Read a Book	Do Some Deep Breathing
Take a Walk/Hike	Tell Yourself you got This	Validate your Feelings	Be Nice to Yourself	Look at Photos of Fun Times
Color/Draw/Paint	Take a Bath	Take a Nap	Have a Dance Party	Go for a Scenic Drive
Cook or Order Comfort Food	Call a Friend	Exercise	Do Nothing and Relax	Listen to Guided Meditation
Work on Puzzles	Meditate	Call a Friend	Lay Outside in the Sun	Listen to Calming Music

Self-Care Bingo

Journal	Call a Friend	Tell Yourself you got This	Be Nice to Yourself	Cook or Order Comfort Food
Exercise	Call a Friend	Color/Draw/Paint	Lay Outside in the Sun	Go for a Scenic Drive
Listen to Guided Meditation	Look at Photos of Fun Times	Work on Puzzles	Validate your Feelings	Do Some Deep Breathing
Take a Bath	Take a Nap	Take a Walk/Hike	Do Nothing and Relax	Watch your Favorite Movie/Show
Meditate	Read a Book	Take a Nap	Have a Dance Party	Listen to Calming Music

Self-Care Bingo

Meditate	Exercise	Call a Friend	Do Some Deep Breathing	Validate your Feelings
Do Nothing and Relax	Look at Photos of Fun Times	Take a Walk/Hike	Journal	Watch your Favorite Movie/Show
Take a Nap	Listen to Guided Meditation	Listen to Calming Music	Cook or Order Comfort Food	Call a Friend
Lay Outside in the Sun	Take a Nap	Take a Bath	Have a Dance Party	Color/Draw/Paint
Be Nice to Yourself	Tell Yourself you got This	Read a Book	Go for a Scenic Drive	Work on Puzzles