

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/sufhm5h

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/sufhm5h

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/sufhm5h

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.

Drink water	Breathe deeply	Dance	Do something you love	Stretch	Be kind	Compliment yourself
Set a daily goal	Play a game	Help someone else	Let yourself cry	Take 5 deep breaths	Write your thoughts	Wash your face
Thank someone	Compliment someone	Laugh	Ask for help	Go for a walk	Have fun	Brush your hair
Talk to a friend	Forgive yourself	Think about happy memories				

Bingo Card ID 001

Self Care BINGO

Take 5 deep breaths	Breathe deeply	Help someone else	Compliment yourself	Play a game
Go for a walk	Let yourself cry	Talk to a friend	Set a daily goal	Compliment someone
Thank someone	Wash your face	FREE SPACE	Dance	Be kind
Write your thoughts	Drink water	Have fun	Ask for help	Forgive yourself
Do something you love	Brush your hair	Laugh	Stretch	Think about happy memories

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Bingo Card ID 002

Self Care BINGO

Talk to a friend	Set a daily goal	Laugh	Take 5 deep breaths	Drink water
Go for a walk	Dance	Stretch	Thank someone	Compliment yourself
Write your thoughts	Forgive yourself	FREE SPACE	Brush your hair	Have fun
Be kind	Compliment someone	Breathe deeply	Wash your face	Ask for help
Play a game	Do something you love	Help someone else	Let yourself cry	Think about happy memories

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Bingo Card ID 003

Self Care BINGO

Stretch	Let yourself cry	Talk to a friend	Forgive yourself	Have fun
Think about happy memories	Compliment yourself	Dance	Laugh	Wash your face
Breathe deeply	Take 5 deep breaths	FREE SPACE	Be kind	Do something you love
Set a daily goal	Drink water	Thank someone	Ask for help	Write your thoughts
Play a game	Help someone else	Go for a walk	Compliment someone	Brush your hair

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Bingo Card ID 004

Self Care BINGO

Wash your face	Help someone else	Thank someone	Compliment someone	Laugh
Be kind	Let yourself cry	Play a game	Write your thoughts	Stretch
Dance	Take 5 deep breaths	FREE SPACE	Talk to a friend	Brush your hair
Forgive yourself	Drink water	Compliment yourself	Think about happy memories	Go for a walk
Set a daily goal	Breathe deeply	Have fun	Ask for help	Do something you love

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Bingo Card ID 005

Self Care BINGO

Help someone else	Compliment someone	Wash your face	Dance	Ask for help
Talk to a friend	Drink water	Set a daily goal	Think about happy memories	Be kind
Breathe deeply	Write your thoughts	FREE SPACE	Go for a walk	Have fun
Compliment yourself	Brush your hair	Forgive yourself	Let yourself cry	Take 5 deep breaths
Do something you love	Thank someone	Play a game	Stretch	Laugh

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Bingo Card ID 006

Self Care BINGO

Help someone else	Breathe deeply	Take 5 deep breaths	Brush your hair	Compliment yourself
Dance	Set a daily goal	Laugh	Talk to a friend	Let yourself cry
Ask for help	Have fun	FREE SPACE	Play a game	Stretch
Drink water	Thank someone	Wash your face	Write your thoughts	Go for a walk
Forgive yourself	Compliment someone	Think about happy memories	Be kind	Do something you love

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Bingo Card ID 007

Self Care BINGO

Write your thoughts	Brush your hair	Thank someone	Play a game	Talk to a friend
Do something you love	Set a daily goal	Compliment yourself	Have fun	Let yourself cry
Dance	Stretch	FREE SPACE	Go for a walk	Be kind
Help someone else	Laugh	Forgive yourself	Ask for help	Wash your face
Drink water	Take 5 deep breaths	Compliment someone	Breathe deeply	Think about happy memories

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Bingo Card ID 008

Self Care BINGO

Write your thoughts	Take 5 deep breaths	Drink water	Go for a walk	Ask for help
Brush your hair	Be kind	Wash your face	Help someone else	Compliment someone
Talk to a friend	Stretch	FREE SPACE	Let yourself cry	Dance
Breathe deeply	Think about happy memories	Compliment yourself	Play a game	Have fun
Set a daily goal	Forgive yourself	Do something you love	Laugh	Thank someone

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Bingo Card ID 009

Self Care BINGO

Drink water	Forgive yourself	Laugh	Be kind	Thank someone
Help someone else	Compliment someone	Compliment yourself	Have fun	Take 5 deep breaths
Stretch	Let yourself cry	FREE SPACE	Write your thoughts	Dance
Set a daily goal	Do something you love	Think about happy memories	Play a game	Brush your hair
Go for a walk	Talk to a friend	Breathe deeply	Ask for help	Wash your face

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Bingo Card ID 010

Self Care BINGO

Play a game	Wash your face	Thank someone	Breathe deeply	Brush your hair
Set a daily goal	Do something you love	Dance	Be kind	Ask for help
Laugh	Talk to a friend	FREE SPACE	Forgive yourself	Take 5 deep breaths
Help someone else	Write your thoughts	Have fun	Think about happy memories	Compliment someone
Stretch	Go for a walk	Drink water	Compliment yourself	Let yourself cry

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Bingo Card ID 011

Self Care BINGO

Breathe deeply	Think about happy memories	Be kind	Take 5 deep breaths	Compliment yourself
Let yourself cry	Drink water	Help someone else	Talk to a friend	Do something you love
Laugh	Play a game	FREE SPACE	Write your thoughts	Have fun
Set a daily goal	Stretch	Thank someone	Brush your hair	Wash your face
Ask for help	Dance	Compliment someone	Go for a walk	Forgive yourself

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Bingo Card ID 012

Self Care BINGO

Let yourself cry	Do something you love	Set a daily goal	Breathe deeply	Dance
Forgive yourself	Laugh	Go for a walk	Think about happy memories	Compliment yourself
Have fun	Talk to a friend	FREE SPACE	Be kind	Write your thoughts
Help someone else	Take 5 deep breaths	Wash your face	Drink water	Brush your hair
Ask for help	Stretch	Play a game	Compliment someone	Thank someone

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Bingo Card ID 013

Self Care BINGO

Talk to a friend	Drink water	Compliment someone	Forgive yourself	Laugh
Brush your hair	Compliment yourself	Write your thoughts	Let yourself cry	Thank someone
Take 5 deep breaths	Set a daily goal	FREE SPACE	Dance	Do something you love
Ask for help	Play a game	Be kind	Go for a walk	Breathe deeply
Wash your face	Have fun	Help someone else	Think about happy memories	Stretch

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Bingo Card ID 014

Self Care BINGO

Forgive yourself	Compliment someone	Have fun	Laugh	Brush your hair
Talk to a friend	Stretch	Go for a walk	Let yourself cry	Dance
Think about happy memories	Ask for help	FREE SPACE	Set a daily goal	Help someone else
Play a game	Be kind	Wash your face	Compliment yourself	Thank someone
Take 5 deep breaths	Write your thoughts	Drink water	Do something you love	Breathe deeply

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Bingo Card ID 015

Self Care BINGO

Do something you love	Drink water	Help someone else	Set a daily goal	Breathe deeply
Stretch	Wash your face	Laugh	Compliment yourself	Be kind
Let yourself cry	Compliment someone	FREE SPACE	Thank someone	Talk to a friend
Go for a walk	Take 5 deep breaths	Write your thoughts	Dance	Ask for help
Think about happy memories	Brush your hair	Play a game	Have fun	Forgive yourself

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Bingo Card ID 016

Self Care BINGO

Let yourself cry	Have fun	Be kind	Write your thoughts	Dance
Wash your face	Think about happy memories	Talk to a friend	Laugh	Stretch
Play a game	Ask for help	FREE SPACE	Help someone else	Forgive yourself
Set a daily goal	Take 5 deep breaths	Go for a walk	Drink water	Thank someone
Compliment someone	Do something you love	Breathe deeply	Compliment yourself	Brush your hair

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Bingo Card ID 017

Self Care BINGO

Help someone else	Let yourself cry	Compliment yourself	Write your thoughts	Compliment someone
Thank someone	Breathe deeply	Do something you love	Forgive yourself	Drink water
Laugh	Ask for help	FREE SPACE	Go for a walk	Have fun
Set a daily goal	Brush your hair	Think about happy memories	Play a game	Stretch
Take 5 deep breaths	Wash your face	Be kind	Talk to a friend	Dance

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Bingo Card ID 018

Self Care BINGO

Have fun	Breathe deeply	Ask for help	Compliment someone	Talk to a friend
Laugh	Take 5 deep breaths	Let yourself cry	Play a game	Stretch
Wash your face	Help someone else	FREE SPACE	Go for a walk	Forgive yourself
Drink water	Thank someone	Dance	Do something you love	Compliment yourself
Brush your hair	Be kind	Set a daily goal	Think about happy memories	Write your thoughts

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Bingo Card ID 019

Self Care BINGO

Dance	Go for a walk	Forgive yourself	Brush your hair	Have fun
Drink water	Compliment someone	Play a game	Laugh	Stretch
Take 5 deep breaths	Write your thoughts	FREE SPACE	Compliment yourself	Thank someone
Set a daily goal	Do something you love	Be kind	Talk to a friend	Ask for help
Help someone else	Think about happy memories	Let yourself cry	Wash your face	Breathe deeply

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Bingo Card ID 020

Self Care BINGO

Laugh	Thank someone	Dance	Let yourself cry	Ask for help
Set a daily goal	Play a game	Do something you love	Help someone else	Breathe deeply
Think about happy memories	Go for a walk	FREE SPACE	Have fun	Drink water
Talk to a friend	Brush your hair	Wash your face	Write your thoughts	Stretch
Be kind	Compliment yourself	Compliment someone	Forgive yourself	Take 5 deep breaths

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Bingo Card ID 021

Self Care BINGO

Thank someone	Play a game	Do something you love	Let yourself cry	Take 5 deep breaths
Stretch	Help someone else	Wash your face	Be kind	Compliment someone
Brush your hair	Compliment yourself	FREE SPACE	Write your thoughts	Forgive yourself
Set a daily goal	Talk to a friend	Ask for help	Laugh	Have fun
Dance	Breathe deeply	Go for a walk	Think about happy memories	Drink water

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Bingo Card ID 022

Self Care BINGO

Have fun	Ask for help	Compliment someone	Forgive yourself	Play a game
Help someone else	Set a daily goal	Breathe deeply	Be kind	Talk to a friend
Write your thoughts	Drink water	FREE SPACE	Go for a walk	Take 5 deep breaths
Think about happy memories	Brush your hair	Laugh	Thank someone	Do something you love
Compliment yourself	Wash your face	Stretch	Let yourself cry	Dance

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Bingo Card ID 023

Self Care BINGO

Go for a walk	Forgive yourself	Ask for help	Brush your hair	Set a daily goal
Thank someone	Stretch	Write your thoughts	Drink water	Talk to a friend
Wash your face	Have fun	FREE SPACE	Do something you love	Dance
Laugh	Think about happy memories	Play a game	Let yourself cry	Compliment someone
Compliment yourself	Be kind	Take 5 deep breaths	Breathe deeply	Help someone else

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Bingo Card ID 024

Self Care BINGO

Dance	Think about happy memories	Stretch	Breathe deeply	Play a game
Go for a walk	Let yourself cry	Help someone else	Wash your face	Compliment someone
Do something you love	Laugh	FREE SPACE	Drink water	Have fun
Set a daily goal	Ask for help	Brush your hair	Forgive yourself	Compliment yourself
Take 5 deep breaths	Thank someone	Be kind	Talk to a friend	Write your thoughts

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Bingo Card ID 025

Self Care BINGO

Laugh	Stretch	Wash your face	Compliment someone	Brush your hair
Have fun	Drink water	Ask for help	Forgive yourself	Write your thoughts
Go for a walk	Let yourself cry	FREE SPACE	Breathe deeply	Thank someone
Talk to a friend	Think about happy memories	Compliment yourself	Take 5 deep breaths	Do something you love
Play a game	Help someone else	Be kind	Dance	Set a daily goal

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Bingo Card ID 026

Self Care BINGO

Ask for help	Do something you love	Forgive yourself	Talk to a friend	Dance
Be kind	Have fun	Write your thoughts	Thank someone	Go for a walk
Compliment someone	Set a daily goal	FREE SPACE	Brush your hair	Help someone else
Play a game	Stretch	Think about happy memories	Laugh	Let yourself cry
Take 5 deep breaths	Drink water	Breathe deeply	Compliment yourself	Wash your face

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Bingo Card ID 027

Self Care BINGO

Write your thoughts	Do something you love	Help someone else	Laugh	Wash your face
Be kind	Thank someone	Ask for help	Compliment someone	Think about happy memories
Have fun	Stretch	FREE SPACE	Brush your hair	Drink water
Take 5 deep breaths	Let yourself cry	Play a game	Forgive yourself	Go for a walk
Breathe deeply	Set a daily goal	Talk to a friend	Dance	Compliment yourself

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Bingo Card ID 028

Self Care BINGO

Write your thoughts	Go for a walk	Take 5 deep breaths	Dance	Set a daily goal
Wash your face	Think about happy memories	Thank someone	Ask for help	Stretch
Let yourself cry	Talk to a friend	FREE SPACE	Brush your hair	Forgive yourself
Drink water	Compliment someone	Breathe deeply	Laugh	Do something you love
Compliment yourself	Have fun	Be kind	Play a game	Help someone else

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Bingo Card ID 029

Self Care BINGO

Go for a walk	Breathe deeply	Think about happy memories	Ask for help	Compliment someone
Do something you love	Be kind	Brush your hair	Have fun	Laugh
Drink water	Let yourself cry	FREE SPACE	Wash your face	Stretch
Dance	Talk to a friend	Thank someone	Write your thoughts	Compliment yourself
Set a daily goal	Play a game	Take 5 deep breaths	Forgive yourself	Help someone else

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Bingo Card ID 030

Self Care BINGO

Play a game	Do something you love	Be kind	Dance	Wash your face
Thank someone	Compliment yourself	Let yourself cry	Write your thoughts	Go for a walk
Take 5 deep breaths	Laugh	FREE SPACE	Help someone else	Compliment someone
Breathe deeply	Have fun	Talk to a friend	Stretch	Forgive yourself
Brush your hair	Think about happy memories	Ask for help	Set a daily goal	Drink water

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