

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/y6xmzh8

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/y6xmzh8

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/y6xmzh8

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.

Left work at a reasonable time	Went for a walk	Tried something new	Ate something sweet!	Went to bed at a reasonable time	Was kind to myself when I could have been hard on myself	Ate something good for me
Took a relaxing bath	Took quiet time	Read for fun	Did something fun	Took a nap	Enjoyed a beverage of my choosing :)	Spent time outside
Vented to someone I trust	Made a gratitude list	Meditation	Pampered myself	Ate something delicious	Did something I've been putting off	Spent quality time with someone I love
Stretched	Was LAZY	Wrote some positive affirmations for myself	Worked out 3 times in one week			

Self Care Bingo

Vented to someone I trust	Ate something sweet!	Spent time outside	Enjoyed a beverage of my choosing :)	Took a relaxing bath
Read for fun	Took quiet time	Was LAZY	Took a nap	Did something fun
Was kind to myself when I could have been hard on myself	Left work at a reasonable time	Went to bed at a reasonable time	Ate something good for me	Worked out 3 times in one week
Meditation	Ate something delicious	Spent quality time with someone I love	Wrote some positive affirmations for myself	Pampered myself
Made a gratitude list	Did something I've been putting off	Tried something new	Stretched	Went for a walk

Self Care Bingo

Was LAZY	Stretched	Took quiet time	Vented to someone I trust	Meditation
Read for fun	Left work at a reasonable time	Tried something new	Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)
Worked out 3 times in one week	Pampered myself	Did something I've been putting off	Ate something good for me	Spent quality time with someone I love
Did something fun	Ate something sweet!	Went to bed at a reasonable time	Ate something delicious	Spent time outside
Took a relaxing bath	Made a gratitude list	Went for a walk	Took a nap	Wrote some positive affirmations for myself

Self Care Bingo

Tried something new	Took a nap	Was LAZY	Pampered myself	Spent quality time with someone I love
Went for a walk	Enjoyed a beverage of my choosing :)	Wrote some positive affirmations for myself	Ate something sweet!	Went to bed at a reasonable time
Left work at a reasonable time	Stretched	Vented to someone I trust	Ate something good for me	Took quiet time
Made a gratitude list	Was kind to myself when I could have been hard on myself	Ate something delicious	Meditation	Worked out 3 times in one week
Took a relaxing bath	Spent time outside	Read for fun	Did something fun	Did something I've been putting off

Self Care Bingo

Went to bed at a reasonable time	Spent time outside	Was kind to myself when I could have been hard on myself	Did something fun	Stretched
Ate something good for me	Took a nap	Took a relaxing bath	Worked out 3 times in one week	Was LAZY
Vented to someone I trust	Tried something new	Wrote some positive affirmations for myself	Left work at a reasonable time	Did something I've been putting off
Pampered myself	Meditation	Enjoyed a beverage of my choosing :)	Went for a walk	Read for fun
Took quiet time	Ate something sweet!	Spent quality time with someone I love	Ate something delicious	Made a gratitude list

Self Care Bingo

Spent time outside	Did something fun	Went to bed at a reasonable time	Left work at a reasonable time	Ate something delicious
Meditation	Was LAZY	Took quiet time	Ate something good for me	Went for a walk
Wrote some positive affirmations for myself	Ate something sweet!	Worked out 3 times in one week	Read for fun	Spent quality time with someone I love
Enjoyed a beverage of my choosing :)	Did something I've been putting off	Took a nap	Pampered myself	Vented to someone I trust
Made a gratitude list	Was kind to myself when I could have been hard on myself	Tried something new	Stretched	Took a relaxing bath

Self Care Bingo

Spent time outside	Ate something sweet!	Vented to someone I trust	Enjoyed a beverage of my choosing :)	Wrote some positive affirmations for myself
Did something I've been putting off	Took quiet time	Left work at a reasonable time	Stretched	Was LAZY
Took a nap	Ate something delicious	Tried something new	Took a relaxing bath	Spent quality time with someone I love
Meditation	Was kind to myself when I could have been hard on myself	Went to bed at a reasonable time	Worked out 3 times in one week	Read for fun
Pampered myself	Went for a walk	Did something fun	Ate something good for me	Made a gratitude list

Self Care Bingo

Worked out 3 times in one week	Did something I've been putting off	Took a relaxing bath	Was kind to myself when I could have been hard on myself	Wrote some positive affirmations for myself
Made a gratitude list	Was LAZY	Took quiet time	Enjoyed a beverage of my choosing :)	Spent quality time with someone I love
Left work at a reasonable time	Tried something new	Read for fun	Ate something good for me	Took a nap
Spent time outside	Stretched	Pampered myself	Ate something delicious	Went to bed at a reasonable time
Vented to someone I trust	Meditation	Did something fun	Went for a walk	Ate something sweet!

Self Care Bingo

Worked out 3 times in one week	Vented to someone I trust	Meditation	Read for fun	Ate something delicious
Did something I've been putting off	Went to bed at a reasonable time	Ate something good for me	Spent time outside	Did something fun
Was LAZY	Tried something new	Took a nap	Left work at a reasonable time	Enjoyed a beverage of my choosing :)
Went for a walk	Ate something sweet!	Wrote some positive affirmations for myself	Spent quality time with someone I love	Took a relaxing bath
Pampered myself	Made a gratitude list	Took quiet time	Stretched	Was kind to myself when I could have been hard on myself

Self Care Bingo

Meditation	Pampered myself	Stretched	Was kind to myself when I could have been hard on myself	Ate something good for me
Spent time outside	Did something fun	Enjoyed a beverage of my choosing :)	Spent quality time with someone I love	Vented to someone I trust
Tried something new	Took a nap	Worked out 3 times in one week	Left work at a reasonable time	Took quiet time
Went for a walk	Made a gratitude list	Took a relaxing bath	Did something I've been putting off	Read for fun
Ate something delicious	Was LAZY	Ate something sweet!	Wrote some positive affirmations for myself	Went to bed at a reasonable time

Self Care Bingo

Went to bed at a reasonable time	Was kind to myself when I could have been hard on myself	Took a relaxing bath	Ate something sweet!	Did something I've been putting off
Took quiet time	Made a gratitude list	Left work at a reasonable time	Ate something good for me	Ate something delicious
Stretched	Wrote some positive affirmations for myself	Vented to someone I trust	Pampered myself	Was LAZY
Spent quality time with someone I love	Worked out 3 times in one week	Spent time outside	Went for a walk	Did something fun
Read for fun	Tried something new	Meditation	Enjoyed a beverage of my choosing :)	Took a nap

Self Care Bingo

Ate something sweet!	Went for a walk	Vented to someone I trust	Ate something good for me	Enjoyed a beverage of my choosing :)
Took a nap	Meditation	Spent time outside	Stretched	Was LAZY
Made a gratitude list	Worked out 3 times in one week	Took a relaxing bath	Wrote some positive affirmations for myself	Spent quality time with someone I love
Took quiet time	Tried something new	Was kind to myself when I could have been hard on myself	Did something I've been putting off	Went to bed at a reasonable time
Ate something delicious	Left work at a reasonable time	Did something fun	Read for fun	Pampered myself

Self Care Bingo

Took quiet time	Made a gratitude list	Took a nap	Ate something sweet!	Left work at a reasonable time
Pampered myself	Stretched	Read for fun	Went for a walk	Enjoyed a beverage of my choosing :)
Spent quality time with someone I love	Was LAZY	Ate something good for me	Wrote some positive affirmations for myself	Worked out 3 times in one week
Spent time outside	Went to bed at a reasonable time	Vented to someone I trust	Meditation	Did something I've been putting off
Ate something delicious	Tried something new	Took a relaxing bath	Was kind to myself when I could have been hard on myself	Did something fun

Self Care Bingo

Was LAZY	Wrote some positive affirmations for myself	Did something fun	Meditation	Pampered myself
Stretched	Did something I've been putting off	Enjoyed a beverage of my choosing :)	Worked out 3 times in one week	Took a nap
Took quiet time	Was kind to myself when I could have been hard on myself	Vented to someone I trust	Left work at a reasonable time	Made a gratitude list
Ate something delicious	Took a relaxing bath	Ate something good for me	Read for fun	Went to bed at a reasonable time
Ate something sweet!	Spent quality time with someone I love	Spent time outside	Went for a walk	Tried something new

Self Care Bingo

Pampered myself	Wrote some positive affirmations for myself	Did something fun	Spent quality time with someone I love	Stretched
Did something I've been putting off	Was LAZY	Tried something new	Read for fun	Took a nap
Left work at a reasonable time	Went for a walk	Took quiet time	Ate something delicious	Spent time outside
Took a relaxing bath	Ate something good for me	Went to bed at a reasonable time	Enjoyed a beverage of my choosing :)	Was kind to myself when I could have been hard on myself
Vented to someone I trust	Worked out 3 times in one week	Meditation	Made a gratitude list	Ate something sweet!

Self Care Bingo

Made a gratitude list	Meditation	Spent time outside	Took quiet time	Ate something sweet!
Tried something new	Went to bed at a reasonable time	Stretched	Enjoyed a beverage of my choosing :)	Ate something good for me
Took a nap	Did something fun	Was kind to myself when I could have been hard on myself	Was LAZY	Vented to someone I trust
Wrote some positive affirmations for myself	Read for fun	Left work at a reasonable time	Worked out 3 times in one week	Ate something delicious
Went for a walk	Did something I've been putting off	Took a relaxing bath	Spent quality time with someone I love	Pampered myself

Self Care Bingo

Ate something good for me	Took a nap	Spent quality time with someone I love	Worked out 3 times in one week	Left work at a reasonable time
Went to bed at a reasonable time	Went for a walk	Was LAZY	Wrote some positive affirmations for myself	Stretched
Tried something new	Took a relaxing bath	Ate something delicious	Spent time outside	Pampered myself
Took quiet time	Vented to someone I trust	Read for fun	Meditation	Was kind to myself when I could have been hard on myself
Did something fun	Made a gratitude list	Ate something sweet!	Enjoyed a beverage of my choosing :)	Did something I've been putting off

Self Care Bingo

Spent time outside	Took a nap	Enjoyed a beverage of my choosing :)	Worked out 3 times in one week	Wrote some positive affirmations for myself
Did something fun	Made a gratitude list	Ate something sweet!	Was kind to myself when I could have been hard on myself	Meditation
Pampered myself	Stretched	Ate something delicious	Read for fun	Took quiet time
Spent quality time with someone I love	Did something I've been putting off	Went for a walk	Took a relaxing bath	Tried something new
Vented to someone I trust	Went to bed at a reasonable time	Ate something good for me	Left work at a reasonable time	Was LAZY

Self Care Bingo

Spent quality time with someone I love	Ate something sweet!	Ate something delicious	Did something fun	Was LAZY
Stretched	Vented to someone I trust	Took a nap	Took a relaxing bath	Tried something new
Went to bed at a reasonable time	Spent time outside	Read for fun	Pampered myself	Meditation
Was kind to myself when I could have been hard on myself	Left work at a reasonable time	Made a gratitude list	Enjoyed a beverage of my choosing :)	Did something I've been putting off
Ate something good for me	Took quiet time	Went for a walk	Worked out 3 times in one week	Wrote some positive affirmations for myself

Self Care Bingo

Left work at a reasonable time	Read for fun	Wrote some positive affirmations for myself	Spent quality time with someone I love	Pampered myself
Did something I've been putting off	Meditation	Did something fun	Stretched	Took a relaxing bath
Tried something new	Worked out 3 times in one week	Vented to someone I trust	Enjoyed a beverage of my choosing :)	Was kind to myself when I could have been hard on myself
Took quiet time	Made a gratitude list	Was LAZY	Ate something good for me	Ate something delicious
Spent time outside	Went for a walk	Took a nap	Went to bed at a reasonable time	Ate something sweet!

Self Care Bingo

Stretched	Was kind to myself when I could have been hard on myself	Left work at a reasonable time	Took a nap	Ate something delicious
Took quiet time	Took a relaxing bath	Made a gratitude list	Spent time outside	Ate something sweet!
Wrote some positive affirmations for myself	Went for a walk	Read for fun	Spent quality time with someone I love	Meditation
Was LAZY	Did something I've been putting off	Went to bed at a reasonable time	Worked out 3 times in one week	Tried something new
Ate something good for me	Enjoyed a beverage of my choosing :)	Did something fun	Pampered myself	Vented to someone I trust

Self Care Bingo

Was kind to myself when I could have been hard on myself	Took a relaxing bath	Took a nap	Made a gratitude list	Vented to someone I trust
Tried something new	Spent time outside	Went to bed at a reasonable time	Did something fun	Ate something good for me
Did something I've been putting off	Enjoyed a beverage of my choosing :)	Worked out 3 times in one week	Wrote some positive affirmations for myself	Pampered myself
Took quiet time	Was LAZY	Ate something delicious	Stretched	Spent quality time with someone I love
Left work at a reasonable time	Ate something sweet!	Read for fun	Went for a walk	Meditation

Self Care Bingo

Spent quality time with someone I love	Ate something delicious	Did something fun	Pampered myself	Took a relaxing bath
Spent time outside	Took quiet time	Ate something sweet!	Meditation	Ate something good for me
Worked out 3 times in one week	Was LAZY	Went for a walk	Read for fun	Vented to someone I trust
Did something I've been putting off	Stretched	Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)	Made a gratitude list
Went to bed at a reasonable time	Wrote some positive affirmations for myself	Tried something new	Took a nap	Left work at a reasonable time

Self Care Bingo

Read for fun	Pampered myself	Ate something delicious	Took quiet time	Did something I've been putting off
Was kind to myself when I could have been hard on myself	Worked out 3 times in one week	Tried something new	Went to bed at a reasonable time	Meditation
Was LAZY	Spent quality time with someone I love	Left work at a reasonable time	Made a gratitude list	Wrote some positive affirmations for myself
Stretched	Went for a walk	Took a relaxing bath	Took a nap	Did something fun
Enjoyed a beverage of my choosing :)	Vented to someone I trust	Ate something good for me	Ate something sweet!	Spent time outside

Self Care Bingo

Went for a walk	Tried something new	Left work at a reasonable time	Ate something sweet!	Read for fun
Took a relaxing bath	Took a nap	Wrote some positive affirmations for myself	Went to bed at a reasonable time	Spent time outside
Stretched	Made a gratitude list	Did something fun	Spent quality time with someone I love	Meditation
Took quiet time	Ate something delicious	Did something I've been putting off	Pampered myself	Enjoyed a beverage of my choosing :)
Vented to someone I trust	Was kind to myself when I could have been hard on myself	Ate something good for me	Was LAZY	Worked out 3 times in one week

Self Care Bingo

Tried something new	Stretched	Went to bed at a reasonable time	Did something fun	Did something I've been putting off
Meditation	Spent quality time with someone I love	Ate something delicious	Pampered myself	Worked out 3 times in one week
Read for fun	Took a nap	Ate something sweet!	Was kind to myself when I could have been hard on myself	Went for a walk
Was LAZY	Wrote some positive affirmations for myself	Enjoyed a beverage of my choosing :)	Vented to someone I trust	Took a relaxing bath
Made a gratitude list	Spent time outside	Took quiet time	Ate something good for me	Left work at a reasonable time

Self Care Bingo

Ate something delicious	Made a gratitude list	Pampered myself	Was LAZY	Left work at a reasonable time
Ate something good for me	Worked out 3 times in one week	Spent quality time with someone I love	Was kind to myself when I could have been hard on myself	Read for fun
Did something fun	Took quiet time	Spent time outside	Did something I've been putting off	Took a relaxing bath
Tried something new	Went for a walk	Stretched	Wrote some positive affirmations for myself	Took a nap
Vented to someone I trust	Meditation	Ate something sweet!	Enjoyed a beverage of my choosing :)	Went to bed at a reasonable time

Self Care Bingo

Spent time outside	Made a gratitude list	Worked out 3 times in one week	Went to bed at a reasonable time	Stretched
Was kind to myself when I could have been hard on myself	Ate something good for me	Ate something delicious	Wrote some positive affirmations for myself	Went for a walk
Did something fun	Tried something new	Spent quality time with someone I love	Did something I've been putting off	Vented to someone I trust
Meditation	Took a relaxing bath	Took a nap	Pampered myself	Read for fun
Ate something sweet!	Took quiet time	Was LAZY	Enjoyed a beverage of my choosing :)	Left work at a reasonable time

Self Care Bingo

Read for fun	Vented to someone I trust	Worked out 3 times in one week	Took quiet time	Left work at a reasonable time
Was kind to myself when I could have been hard on myself	Went for a walk	Went to bed at a reasonable time	Ate something delicious	Took a nap
Did something I've been putting off	Tried something new	Was LAZY	Pampered myself	Meditation
Did something fun	Ate something sweet!	Made a gratitude list	Enjoyed a beverage of my choosing :)	Stretched
Wrote some positive affirmations for myself	Took a relaxing bath	Ate something good for me	Spent quality time with someone I love	Spent time outside

Self Care Bingo

Read for fun	Ate something sweet!	Went for a walk	Ate something delicious	Did something fun
Made a gratitude list	Ate something good for me	Did something I've been putting off	Spent quality time with someone I love	Meditation
Stretched	Took a nap	Wrote some positive affirmations for myself	Went to bed at a reasonable time	Left work at a reasonable time
Tried something new	Was LAZY	Was kind to myself when I could have been hard on myself	Enjoyed a beverage of my choosing :)	Worked out 3 times in one week
Took a relaxing bath	Took quiet time	Vented to someone I trust	Pampered myself	Spent time outside

Self Care Bingo

Took a relaxing bath	Made a gratitude list	Ate something good for me	Left work at a reasonable time	Went to bed at a reasonable time
Enjoyed a beverage of my choosing :)	Took a nap	Was kind to myself when I could have been hard on myself	Read for fun	Worked out 3 times in one week
Vented to someone I trust	Stretched	Spent time outside	Did something fun	Ate something sweet!
Spent quality time with someone I love	Was LAZY	Tried something new	Pampered myself	Did something I've been putting off
Ate something delicious	Went for a walk	Took quiet time	Meditation	Wrote some positive affirmations for myself