



Self Care Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



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|---------------------|---------------------------|-------------------|------------------------------------|----------------------------|
| Have a healthy diet | Take a nap | Excerise | Hang out with friends | Meditate |
| Get enough sleep | "unplug" from electronics | Arts and Crafts | Talk to a friend | Try Something new |
| Dance | Listen to music | Try something new | Do something nice for someone else | Let yourself cry |
| Read a book | Take a shower/bath | Go outside | Drink lots of water | Think about happy memories |
| Play with a pet | Dance | watch a movie | Write in a journal | |