



Self-Care Bingo 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:



Meditate for 10 minutes	Take a bath	Appreciate small steps towards goals	Jump in a puddle	Read a book
Watch a movie	Spend time with family	Enjoy nature for 20 min	Take time out from tech	Play a game
Take a 10 min exercise break	Make time for hobby	Create something	Get a manicure	Get a massage
Spend time with friend(s)	Dance in your living room	Listen to relaxing music	Deep breathing for 1 min	Watch a TED talk
Try a new recipe	Try something new	Spend time with pet(s)	Get a pedicure	