



Self-Care Bingo

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 32 events:

Arts and Crafts, Cooking, Dance, Deep breathing, Disconnect from Social Media, Do yoga, Exercise, Get a coloring book and color, Go outside, Let yourself cry, Meditate, Paint your nails, Play cards, Play with a pet, Punch a punching bag, Random Dance Party, Read, Sew or crochet, Sing along to your favorite song, Start a new hobby or project, Take a shower, Take a time out, Talk to a friend, Think about happy memories, Try something new, Turn your phone off, Use a stress ball, Use positive self-talk, Watch a movie, Watch a sunset, Write in a journal, Write things you're thankful for.



Self-Care Bingo Bingo Call Sheet

This is a randomized list of all 32 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:




Think about happy memories	Meditate	Do yoga	Exercise	Talk to a friend
Dance	Use a stress ball	Try something new	Get a coloring book and color	Deep breathing
Start a new hobby or project	Play cards	Take a time out	Write things you're thankful for	Cooking
Write in a journal	Let yourself cry	Paint your nails	Sew or crochet	Turn your phone off
Sing along to your favorite song	Use positive self-talk	Disconnect from Social Media	Arts and Crafts	Watch a sunset
Go outside	Watch a movie	Random Dance Party	Punch a punching bag	Take a shower



Self-Care Bingo Bingo Call Sheet

This continues the randomized list of all 32 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Read	Play with a pet
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Self Care Bingo

Exercise	Start a new hobby or project	Watch a movie	Punch a punching bag	Meditate
Get a coloring book and color	Take a shower	Turn your phone off	Sing along to your favorite song	Talk to a friend
Think about happy memories	Deep breathing	FREE	Dance	Take a time out
Cooking	Paint your nails	Watch a sunset	Do yoga	Write things you're thankful for
Use positive self-talk	Arts and Crafts	Try something new	Read	Use a stress ball

This bingo card was created randomly from a total of 32 events.

Arts and Crafts, Cooking, Dance, Deep breathing, Disconnect from Social Media, Do yoga, Exercise, Get a coloring book and color, Go outside, Let yourself cry, Meditate, Paint your nails, Play cards, Play with a pet, Punch a punching bag, Random Dance Party, Read, Sew or crochet, Sing along to your favorite song, Start a new hobby or project, Take a shower, Take a time out, Talk to a friend, Think about happy memories, Try something new, Turn your phone off, Use a stress ball, Use positive self-talk, Watch a movie, Watch a sunset, Write in a journal, Write things you're thankful for.

Self Care Bingo

Use a stress ball	Write in a journal	Let yourself cry	Write things you're thankful for	Use positive self-talk
Random Dance Party	Punch a punching bag	Watch a sunset	Sing along to your favorite song	Paint your nails
Talk to a friend	Start a new hobby or project	FREE	Try something new	Dance
Disconnect from Social Media	Exercise	Take a shower	Go outside	Sew or crochet
Deep breathing	Play with a pet	Turn your phone off	Cooking	Watch a movie

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