



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:



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



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



Take a time out	Sing along to your favorite song
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