



# Self Care 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 any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

## Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

## This is an alphabetical list of all 24 events:

Call someone, Cross stitch a small picture, Decorate a journal, Exercise, Go out to lunch, Go someplace new, Go to a thrift store, Help a friend, Listen to a podcast, Listen to music, Make a keto friendly dessert, Practice drawing icons, Pray, Read a book, Spend 1 hour outside, Take a ride, Take a walk, Take deep breaths, Turn off phone for an afternoon, Visit family, Watch a TED Talk, Watch a movie, Write a letter, Write in a journal.



# 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:



Visit family	Decorate a journal	Call someone	Go someplace new	Write in a journal
Cross stitch a small picture	Practice drawing icons	Take a ride	Spend 1 hour outside	Read a book
Go out to lunch	Make a keto friendly dessert	Write a letter	Listen to music	Go to a thrift store
Watch a TED Talk	Pray	Watch a movie	Listen to a podcast	Turn off phone for an afternoon
Take deep breaths	Help a friend	Take a walk	Exercise	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Go to a thrift store	Practice drawing icons	Go out to lunch	Write a letter	Turn off phone for an afternoon
Write in a journal	Watch a TED Talk	Take deep breaths	Make a keto friendly dessert	Decorate a journal
Take a ride	Help a friend	FREE	Read a book	Cross stitch a small picture
Go someplace new	Listen to music	Visit family	Pray	Call someone
Listen to a podcast	Take a walk	Exercise	Watch a movie	Spend 1 hour outside

This bingo card was created randomly from a total of 24 events.

Call someone, Cross stitch a small picture, Decorate a journal, Exercise, Go out to lunch, Go someplace new, Go to a thrift store, Help a friend, Listen to a podcast, Listen to music, Make a keto friendly dessert, Practice drawing icons, Pray, Read a book, Spend 1 hour outside, Take a ride, Take a walk, Take deep breaths, Turn off phone for an afternoon, Visit family, Watch a TED Talk, Watch a movie, Write a letter, Write in a journal.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Practice drawing icons	Go to a thrift store	Visit family	Watch a TED Talk	Take a ride
Write a letter	Decorate a journal	Read a book	Call someone	Cross stitch a small picture
Help a friend	Listen to music	FREE	Watch a movie	Go someplace new
Spend 1 hour outside	Listen to a podcast	Pray	Write in a journal	Go out to lunch
Take deep breaths	Exercise	Take a walk	Make a keto friendly dessert	Turn off phone for an afternoon

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