



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, 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 dessert, Memorize a Scripture verse, Play a game with family, Practice drawing icons, Pray, Read a book, Spend 1 hour outside, Take a ride, Take a walk, Take deep breaths, Take deep breaths, Turn off phone for an afternoon, Watch an uplifting 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:



Call someone	Memorize a Scripture verse	Take deep breaths	Take a ride	Pray
Listen to music	Take a walk	Spend 1 hour outside	Practice drawing icons	Listen to a podcast
Make a dessert	Play a game with family	Watch an uplifting movie	Go someplace new	Decorate a journal
Go to a thrift store	Turn off phone for an afternoon	Take deep breaths	Help a friend	Exercise
Read a book	Go out to lunch	Write in a journal	Write a letter	

B	I	N	G	O
Help a friend	Play a game with family	Go someplace new	Write a letter	Take deep breaths
Write in a journal	Turn off phone for an afternoon	Take a walk	Memorize a Scripture verse	Exercise
Spend 1 hour outside	Listen to a podcast	FREE	Pray	Decorate a journal
Go to a thrift store	Make a dessert	Take deep breaths	Practice drawing icons	Call someone
Listen to music	Take a ride	Go out to lunch	Watch an uplifting movie	Read a book

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

Call someone, 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 dessert, Memorize a Scripture verse, Play a game with family, Practice drawing icons, Pray, Read a book, Spend 1 hour outside, Take a ride, Take a walk, Take deep breaths, Take deep breaths, Turn off phone for an afternoon, Watch an uplifting movie, Write a letter, Write in a journal.

B	I	N	G	O
Play a game with family	Help a friend	Take deep breaths	Turn off phone for an afternoon	Spend 1 hour outside
Write a letter	Exercise	Pray	Call someone	Decorate a journal
Listen to a podcast	Make a dessert	FREE	Watch an uplifting movie	Go to a thrift store
Read a book	Listen to music	Practice drawing icons	Write in a journal	Go someplace new
Take a walk	Go out to lunch	Take a ride	Memorize a Scripture verse	Take deep breaths

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