



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:



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