



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 someplace new, Go to a thrift store, Help a friend, Learn a new song(sing or piano), 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:



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

B	I	N	G	O
Learn a new song(sing or piano)	Play a game with family	Go to a thrift store	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
Help a friend	Make a dessert	Take deep breaths	Practice drawing icons	Call someone
Listen to music	Take a ride	Go someplace new	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 someplace new, Go to a thrift store, Help a friend, Learn a new song(sing or piano), 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	Learn a new song(sing or piano)	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	Help a friend
Read a book	Listen to music	Practice drawing icons	Write in a journal	Go to a thrift store
Take a walk	Go someplace new	Take a ride	Memorize a Scripture verse	Take deep breaths

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