



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