How to use this word pack

RECOVERY SUPPORT BINGO

This pack contains 30 different player cards and a matching named host list. Give each person a different numbered card. For a word-matching game, read one entry at a time and mark the matching square. Agree on a winning pattern and check a claim against the called entries. A completed line is a game result, not a health assessment.

These are original, optional social-game prompts for a voluntary recovery-support activity. Nobody needs to disclose whether they have completed a prompt. Allow players to pass, keep personal experiences private, and do not use the cards to judge recovery or adherence to care. The pack is not a clinical checklist, treatment programme or substitute for an individual care plan.

Edit the prepared list at https://printablebingocards.co/self-care/

References for names, format and context (no endorsement claimed):

https://www.samhsa.gov/substance-use/recovery/about



Card 001 • Set RECOVERY • Free printable

B	I	N	G	O
Practice saying no	Plan tomorrow	Pause before respondi-ng	Listen to calming music	Prepare a simple meal
Ask for help	Write in a journal	Note a small win	Use a planned break	Spend time outdoors
Make time for sleep	Use a coping plan	**FREE**	Read something encourag-ing	Make a gratitude note
Check in with a friend	Use a relaxation skill	Celebrate safe progress	Notice an emotion	Take one task at a time
Mark a personal milestone	Keep an appoint-ment	Prepare a question	Try a creative activity	Organise a small space



Card 002 • Set RECOVERY • Free printable

B	I	N	G	O
Try a creative activity	Prepare a question	Practice saying no	Use a planned break	Set a reminder
Prepare a simple meal	Organise a small space	Notice an emotion	Have a glass of water	Make a phone call
Attend a support meeting	Celebrate safe progress	**FREE**	Read something encourag-ing	Keep an appoint-ment
Choose a manage-able goal	Use a relaxation skill	Name a support person	Take one task at a time	Make a gratitude note
Pause before respondi-ng	Make time for sleep	Note a small win	Listen to calming music	Spend time outdoors



Card 003 • Set RECOVERY • Free printable

B	I	N	G	O
Use a relaxation skill	Make a phone call	Organise a small space	Read something encourag-ing	Try a creative activity
Set a reminder	Take one task at a time	Prepare a simple meal	Ask for help	Attend a support meeting
Listen to calming music	Prepare a question	**FREE**	Write in a journal	Use a planned break
Spend time outdoors	Enjoy a quiet moment	Name a support person	Have a glass of water	Make a gratitude note
Keep an appoint-ment	Check in with a friend	Celebrate safe progress	Make time for sleep	Note a small win



Card 004 • Set RECOVERY • Free printable

B	I	N	G	O
Notice an emotion	Choose a manage-able goal	Name a support person	Mark a personal milestone	Celebrate safe progress
Ask for help	Set a reminder	Make time for sleep	Organise a small space	Check in with a friend
Prepare a simple meal	Use a relaxation skill	**FREE**	Use a coping plan	Pause before respondi-ng
Prepare a question	Plan tomorrow	Note a small win	Read something encourag-ing	Write in a journal
Give yourself time	Attend a support meeting	Practice saying no	Make a gratitude note	Have a glass of water



Card 005 • Set RECOVERY • Free printable

B	I	N	G	O
Check in with a friend	Notice an emotion	Choose a manage-able goal	Attend a support meeting	Use a planned break
Spend time outdoors	Set a reminder	Enjoy a quiet moment	Make a phone call	Listen to calming music
Use a coping plan	Ask for help	FREE	Use a relaxation skill	Note a small win
Prepare a simple meal	Mark a personal milestone	Organise a small space	Make a gratitude note	Read something encourag-ing
Give yourself time	Practice saying no	Make time for sleep	Keep an appoint-ment	Write in a journal



Card 006 • Set RECOVERY • Free printable

B	I	N	G	O
Give yourself time	Set a reminder	Ask for help	Spend time outdoors	Organise a small space
Mark a personal milestone	Name a support person	Practice saying no	Pause before respondi-ng	Check in with a friend
Enjoy a quiet moment	Write in a journal	FREE	Notice an emotion	Have a glass of water
Keep an appoint-ment	Plan tomorrow	Note a small win	Use a relaxation skill	Make a phone call
Use a coping plan	Prepare a question	Take one task at a time	Make a gratitude note	Celebrate safe progress



Card 007 • Set RECOVERY • Free printable

B	I	N	G	O
Organise a small space	Spend time outdoors	Name a support person	Have a glass of water	Make a gratitude note
Plan tomorrow	Try a creative activity	Make time for sleep	Prepare a simple meal	Choose a manage-able goal
Attend a support meeting	Enjoy a quiet moment	**FREE**	Practice saying no	Take one task at a time
Listen to calming music	Note a small win	Read something encourag-ing	Ask for help	Make a phone call
Mark a personal milestone	Check in with a friend	Pause before respondi-ng	Use a coping plan	Give yourself time



Card 008 • Set RECOVERY • Free printable

B	I	N	G	O
Practice saying no	Make time for sleep	Name a support person	Make a gratitude note	Plan tomorrow
Choose a manage-able goal	Note a small win	Keep an appoint-ment	Ask for help	Attend a support meeting
Make a phone call	Read something encourag-ing	**FREE**	Organise a small space	Try a creative activity
Prepare a simple meal	Listen to calming music	Celebrate safe progress	Notice an emotion	Mark a personal milestone
Spend time outdoors	Take one task at a time	Prepare a question	Use a relaxation skill	Set a reminder



Card 009 • Set RECOVERY • Free printable

B	I	N	G	O
Listen to calming music	Check in with a friend	Mark a personal milestone	Prepare a question	Celebrate safe progress
Notice an emotion	Enjoy a quiet moment	Attend a support meeting	Keep an appoint-ment	Have a glass of water
Plan tomorrow	Try a creative activity	FREE	Set a reminder	Read something encourag-ing
Take one task at a time	Make a gratitude note	Make time for sleep	Give yourself time	Write in a journal
Use a relaxation skill	Pause before respondi-ng	Use a planned break	Spend time outdoors	Practice saying no



Card 010 • Set RECOVERY • Free printable

B	I	N	G	O
Name a support person	Listen to calming music	Organise a small space	Plan tomorrow	Make time for sleep
Practice saying no	Enjoy a quiet moment	Attend a support meeting	Take one task at a time	Use a relaxation skill
Prepare a simple meal	Spend time outdoors	FREE	Set a reminder	Celebrate safe progress
Use a coping plan	Use a planned break	Write in a journal	Choose a manage-able goal	Note a small win
Make a gratitude note	Give yourself time	Mark a personal milestone	Make a phone call	Check in with a friend



Card 011 • Set RECOVERY • Free printable

B	I	N	G	O
Listen to calming music	Spend time outdoors	Try a creative activity	Prepare a question	Make a phone call
Organise a small space	Use a planned break	Write in a journal	Read something encourag-ing	Pause before respondi-ng
Name a support person	Make time for sleep	FREE	Practice saying no	Choose a manage-able goal
Celebrate safe progress	Note a small win	Plan tomorrow	Use a coping plan	Attend a support meeting
Use a relaxation skill	Notice an emotion	Prepare a simple meal	Enjoy a quiet moment	Take one task at a time



Card 012 • Set RECOVERY • Free printable

B	I	N	G	O
Organise a small space	Take one task at a time	Use a relaxation skill	Prepare a question	Mark a personal milestone
Attend a support meeting	Prepare a simple meal	Enjoy a quiet moment	Write in a journal	Check in with a friend
Give yourself time	Pause before respondi-ng	FREE	Spend time outdoors	Set a reminder
Listen to calming music	Keep an appoint-ment	Ask for help	Use a coping plan	Note a small win
Read something encourag-ing	Make a phone call	Practice saying no	Use a planned break	Choose a manage-able goal



Card 013 • Set RECOVERY • Free printable

B	I	N	G	O
Ask for help	Take one task at a time	Prepare a simple meal	Name a support person	Choose a manage-able goal
Make a gratitude note	Mark a personal milestone	Organise a small space	Give yourself time	Check in with a friend
Celebrate safe progress	Plan tomorrow	**FREE**	Practice saying no	Try a creative activity
Note a small win	Set a reminder	Use a planned break	Prepare a question	Make a phone call
Make time for sleep	Listen to calming music	Use a relaxation skill	Have a glass of water	Keep an appoint-ment



Card 014 • Set RECOVERY • Free printable

B	I	N	G	O
Give yourself time	Make a gratitude note	Mark a personal milestone	Listen to calming music	Have a glass of water
Set a reminder	Ask for help	Write in a journal	Organise a small space	Note a small win
Check in with a friend	Make a phone call	**FREE**	Prepare a simple meal	Use a planned break
Keep an appoint-ment	Pause before respondi-ng	Enjoy a quiet moment	Prepare a question	Read something encourag-ing
Name a support person	Make time for sleep	Use a coping plan	Practice saying no	Take one task at a time



Card 015 • Set RECOVERY • Free printable

B	I	N	G	O
Spend time outdoors	Notice an emotion	Ask for help	Take one task at a time	Try a creative activity
Organise a small space	Use a coping plan	Keep an appoint-ment	Enjoy a quiet moment	Prepare a simple meal
Name a support person	Give yourself time	**FREE**	Make a gratitude note	Choose a manage-able goal
Make time for sleep	Attend a support meeting	Check in with a friend	Mark a personal milestone	Practice saying no
Use a relaxation skill	Note a small win	Have a glass of water	Set a reminder	Celebrate safe progress



Card 016 • Set RECOVERY • Free printable

B	I	N	G	O
Set a reminder	Mark a personal milestone	Use a coping plan	Enjoy a quiet moment	Use a planned break
Prepare a question	Ask for help	Name a support person	Pause before respondi-ng	Organise a small space
Prepare a simple meal	Have a glass of water	**FREE**	Take one task at a time	Attend a support meeting
Make time for sleep	Note a small win	Try a creative activity	Listen to calming music	Give yourself time
Celebrate safe progress	Keep an appoint-ment	Make a phone call	Choose a manage-able goal	Write in a journal



Card 017 • Set RECOVERY • Free printable

B	I	N	G	O
Use a relaxation skill	Use a planned break	Attend a support meeting	Make time for sleep	Make a phone call
Enjoy a quiet moment	Prepare a question	Celebrate safe progress	Name a support person	Set a reminder
Read something encourag-ing	Plan tomorrow	FREE	Give yourself time	Practice saying no
Take one task at a time	Try a creative activity	Check in with a friend	Listen to calming music	Pause before respondi-ng
Note a small win	Choose a manage-able goal	Have a glass of water	Use a coping plan	Keep an appoint-ment



Card 018 • Set RECOVERY • Free printable

B	I	N	G	O
Have a glass of water	Use a coping plan	Give yourself time	Celebrate safe progress	Spend time outdoors
Use a relaxation skill	Prepare a question	Make a phone call	Write in a journal	Note a small win
Name a support person	Mark a personal milestone	FREE	Make a gratitude note	Read something encourag-ing
Practice saying no	Listen to calming music	Check in with a friend	Notice an emotion	Pause before respondi-ng
Keep an appoint-ment	Set a reminder	Try a creative activity	Enjoy a quiet moment	Choose a manage-able goal



Card 019 • Set RECOVERY • Free printable

B	I	N	G	O
Use a coping plan	Listen to calming music	Spend time outdoors	Plan tomorrow	Enjoy a quiet moment
Give yourself time	Try a creative activity	Keep an appoint-ment	Name a support person	Pause before respondi-ng
Check in with a friend	Use a planned break	FREE	Use a relaxation skill	Read something encourag-ing
Ask for help	Take one task at a time	Notice an emotion	Set a reminder	Write in a journal
Make a gratitude note	Make time for sleep	Organise a small space	Prepare a question	Note a small win



Card 020 • Set RECOVERY • Free printable

B	I	N	G	O
Prepare a question	Name a support person	Write in a journal	Note a small win	Read something encourag-ing
Use a relaxation skill	Mark a personal milestone	Spend time outdoors	Make time for sleep	Practice saying no
Check in with a friend	Prepare a simple meal	FREE	Choose a manage-able goal	Give yourself time
Plan tomorrow	Organise a small space	Use a planned break	Set a reminder	Keep an appoint-ment
Try a creative activity	Enjoy a quiet moment	Notice an emotion	Pause before respondi-ng	Have a glass of water



Card 021 • Set RECOVERY • Free printable

B	I	N	G	O
Have a glass of water	Attend a support meeting	Use a coping plan	Give yourself time	Organise a small space
Make a phone call	Practice saying no	Read something encourag-ing	Prepare a question	Enjoy a quiet moment
Keep an appoint-ment	Note a small win	FREE	Check in with a friend	Choose a manage-able goal
Spend time outdoors	Plan tomorrow	Notice an emotion	Take one task at a time	Pause before respondi-ng
Use a planned break	Celebrate safe progress	Make a gratitude note	Prepare a simple meal	Ask for help



Card 022 • Set RECOVERY • Free printable

B	I	N	G	O
Plan tomorrow	Enjoy a quiet moment	Use a planned break	Make a phone call	Note a small win
Take one task at a time	Make time for sleep	Mark a personal milestone	Organise a small space	Spend time outdoors
Attend a support meeting	Use a coping plan	FREE	Write in a journal	Read something encourag-ing
Ask for help	Prepare a question	Notice an emotion	Prepare a simple meal	Try a creative activity
Have a glass of water	Practice saying no	Celebrate safe progress	Name a support person	Make a gratitude note



Card 023 • Set RECOVERY • Free printable

B	I	N	G	O
Use a planned break	Mark a personal milestone	Check in with a friend	Have a glass of water	Enjoy a quiet moment
Give yourself time	Attend a support meeting	Write in a journal	Note a small win	Name a support person
Read something encourag-ing	Ask for help	FREE	Use a relaxation skill	Organise a small space
Practice saying no	Prepare a question	Plan tomorrow	Choose a manage-able goal	Try a creative activity
Make a gratitude note	Set a reminder	Make time for sleep	Prepare a simple meal	Make a phone call



Card 024 • Set RECOVERY • Free printable

B	I	N	G	O
Attend a support meeting	Use a coping plan	Organise a small space	Choose a manage-able goal	Prepare a simple meal
Plan tomorrow	Give yourself time	Notice an emotion	Prepare a question	Mark a personal milestone
Make time for sleep	Use a relaxation skill	FREE	Note a small win	Ask for help
Make a phone call	Write in a journal	Spend time outdoors	Have a glass of water	Name a support person
Read something encourag-ing	Try a creative activity	Set a reminder	Take one task at a time	Use a planned break



Card 025 • Set RECOVERY • Free printable

B	I	N	G	O
Attend a support meeting	Notice an emotion	Enjoy a quiet moment	Set a reminder	Pause before respondi-ng
Name a support person	Prepare a question	Use a relaxation skill	Practice saying no	Check in with a friend
Ask for help	Make time for sleep	FREE	Keep an appoint-ment	Note a small win
Make a phone call	Use a coping plan	Try a creative activity	Choose a manage-able goal	Prepare a simple meal
Give yourself time	Mark a personal milestone	Use a planned break	Plan tomorrow	Take one task at a time



Card 026 • Set RECOVERY • Free printable

B	I	N	G	O
Have a glass of water	Set a reminder	Organise a small space	Prepare a simple meal	Mark a personal milestone
Keep an appoint-ment	Check in with a friend	Notice an emotion	Practice saying no	Make a phone call
Write in a journal	Plan tomorrow	FREE	Use a relaxation skill	Attend a support meeting
Read something encourag-ing	Try a creative activity	Take one task at a time	Make a gratitude note	Pause before respondi-ng
Name a support person	Enjoy a quiet moment	Give yourself time	Use a planned break	Ask for help



Card 027 • Set RECOVERY • Free printable

B	I	N	G	O
Use a planned break	Give yourself time	Spend time outdoors	Make time for sleep	Take one task at a time
Prepare a simple meal	Plan tomorrow	Make a gratitude note	Enjoy a quiet moment	Use a coping plan
Pause before respondi-ng	Organise a small space	FREE	Listen to calming music	Read something encourag-ing
Practice saying no	Check in with a friend	Keep an appoint-ment	Have a glass of water	Name a support person
Use a relaxation skill	Note a small win	Try a creative activity	Attend a support meeting	Write in a journal



Card 028 • Set RECOVERY • Free printable

B	I	N	G	O
Ask for help	Enjoy a quiet moment	Practice saying no	Keep an appoint-ment	Try a creative activity
Note a small win	Use a planned break	Make a phone call	Plan tomorrow	Make time for sleep
Check in with a friend	Write in a journal	FREE	Take one task at a time	Use a relaxation skill
Organise a small space	Set a reminder	Name a support person	Read something encourag-ing	Choose a manage-able goal
Use a coping plan	Have a glass of water	Mark a personal milestone	Give yourself time	Spend time outdoors



Card 029 • Set RECOVERY • Free printable

B	I	N	G	O
Organise a small space	Keep an appoint-ment	Use a coping plan	Enjoy a quiet moment	Use a planned break
Ask for help	Notice an emotion	Pause before respondi-ng	Spend time outdoors	Note a small win
Choose a manage-able goal	Give yourself time	**FREE**	Make a gratitude note	Make time for sleep
Practice saying no	Listen to calming music	Set a reminder	Make a phone call	Try a creative activity
Attend a support meeting	Celebrate safe progress	Take one task at a time	Use a relaxation skill	Check in with a friend



Card 030 • Set RECOVERY • Free printable

B	I	N	G	O
Read something encourag-ing	Notice an emotion	Choose a manage-able goal	Spend time outdoors	Write in a journal
Use a coping plan	Give yourself time	Celebrate safe progress	Plan tomorrow	Keep an appoint-ment
Prepare a question	Practice saying no	**FREE**	Listen to calming music	Pause before respondi-ng
Take one task at a time	Have a glass of water	Prepare a simple meal	Make a gratitude note	Attend a support meeting
Mark a personal milestone	Make time for sleep	Name a support person	Make a phone call	Organise a small space

RECOVERY SUPPORT BINGO • host item list

Read items in a shuffled order. Each item is called once.

01 Name a support person
02 Note a small win
03 Ask for help
04 Use a planned break
05 Make time for sleep
06 Prepare a simple meal
07 Check in with a friend
08 Write in a journal
09 Take one task at a time
10 Attend a support meeting
11 Notice an emotion
12 Practice saying no
13 Plan tomorrow
14 Listen to calming music
15 Read something encouraging
16 Make a gratitude note
17 Pause before responding
18 Choose a manageable goal
19 Use a coping plan
20 Keep an appointment
21 Make a phone call
22 Spend time outdoors
23 Try a creative activity
24 Enjoy a quiet moment
25 Organise a small space
26 Set a reminder
27 Have a glass of water
28 Prepare a question
29 Mark a personal milestone
30 Use a relaxation skill
31 Give yourself time
32 Celebrate safe progress