



# Day Trips

# BINGO



B	I	N	G	O
Explore a local museum	Journal at a new cafe	Visit a botanical garden	Visit a zoo or aquarium	Spend the day antiquing (or vintage clothing)
Watch the sunset	Drive to and explore a nearby town	Visit a winery, a brewery, or a local cafe	Attend a sporting event	Try a local bakery
Visit an art gallery	Have a picnic in a park	Free Space Get yourself a treat	Go on a solo hike	Ride public transportation somewhere new
Attend a local festival or event	Spend the day at the beach	Visit a quirky roadside attraction	Visit a country or agricultural fair	Watch the sunrise
Go to a drive-in movie	Take a tour of a historical site	See a matinee movie	Visit an amusement park	Take in a play or theater show

[www.solospirit.net](http://www.solospirit.net)

*Grieve. Go. Grow*

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### ***How to Use Your Solo Spirit Bingo Card***

Your Solo Spirit Bingo card is more than a fun travel game — it's a mindful tool designed to gently guide you through healing, reflection, and connection as you explore the world on your own. Each square invites you to take small but meaningful steps, whether that means journaling your feelings, trying something new, noticing a quiet moment, or connecting with someone along the way.

Complete the squares in any order and at your own pace. For every line you finish, reward yourself with something small but special — a local treat, a moment of stillness, a photo you love, or a keepsake from your journey.

When you complete the entire board, take time to celebrate how far you've come. Showing up for yourself, especially in times of grief, transition, or uncertainty, is a victory worth honoring. You might reward yourself with a special dinner, book your next adventure, or simply start a new Bingo card.

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### ***Gentle Reminder***

Solo Spirit Bingo cards are designed for personal reflection, encouragement, and inspiration. Please use your own judgment when completing any activity, and always prioritize your safety, comfort, surroundings, and personal limits. Solo Spirit is not responsible for any incidents, injuries, losses, or outcomes that may occur while using or participating in these activities. Trust your instincts, explore responsibly, and when in doubt, err on the side of caution.

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This Bingo card was created to support your healing journey — one suitcase at a time. It's intended for personal use as you chart your own course. Please don't copy, share, reproduce, or redistribute without permission. For collaborations or licensing inquiries, reach out via [welcome@solospirit.net](mailto:welcome@solospirit.net).

Safe travels and gentle adventures.