

Wellness Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/betxgbp

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/betxgbp

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/betxgbp

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Exercise	Self-care	Rest	Eat Healthy	FREE SPACE	Meditate	Relax
Read a Book	Try something new	Listen to Music	Drink Water	Draw or Doodle	Free Space	Go Outside
Do an Act of Kindness	Call a Friend	Forgive Someone	Make a List of Things You're Thankful For	Look Through Old Photos	Think Happy Thoughts	Watch a Movie
Take Deep Breaths	Count to 10	Sing or Dance	Laugh			

Bingo Card ID 001

Wellness Bingo

Rest	Do an Act of Kindness	Listen to Music	Eat Healthy	Meditate
Go Outside	Read a Book	Self-care	Make a List of Things You're Thankful For	Drink Water
Sing or Dance	Exercise	Think Happy Thoughts	Count to 10	Try something new
Forgive Someone	Call a Friend	Laugh	Watch a Movie	Free Space
FREE SPACE	Draw or Doodle	Relax	Look Through Old Photos	Take Deep Breaths

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Bingo Card ID 002

Wellness Bingo

Self-care	Look Through Old Photos	Read a Book	Rest	Forgive Someone
Go Outside	Exercise	Relax	Sing or Dance	Eat Healthy
Try something new	Free Space	Draw or Doodle	Count to 10	Laugh
Drink Water	Do an Act of Kindness	Think Happy Thoughts	Call a Friend	Listen to Music
Meditate	FREE SPACE	Take Deep Breaths	Make a List of Things You're Thankful For	Watch a Movie

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Bingo Card ID 003

Wellness Bingo

Relax	Make a List of Things You're Thankful For	Self-care	Free Space	Laugh
Take Deep Breaths	Eat Healthy	Watch a Movie	Do an Act of Kindness	Think Happy Thoughts
Exercise	Look Through Old Photos	Rest	Count to 10	Read a Book
FREE SPACE	Sing or Dance	Call a Friend	Forgive Someone	Try something new
Meditate	Listen to Music	Go Outside	Drink Water	Draw or Doodle

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Bingo Card ID 004

Wellness Bingo

Think Happy Thoughts	Listen to Music	Sing or Dance	Drink Water	Look Through Old Photos
Count to 10	Make a List of Things You're Thankful For	Meditate	Try something new	Self-care
Rest	Relax	Watch a Movie	Exercise	Draw or Doodle
Free Space	Forgive Someone	Eat Healthy	Take Deep Breaths	Go Outside
Read a Book	Do an Act of Kindness	Laugh	Call a Friend	FREE SPACE

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Bingo Card ID 005

Wellness Bingo

Listen to Music	Drink Water	Think Happy Thoughts	Exercise	Call a Friend
Forgive Someone	Self-care	Read a Book	Count to 10	Take Deep Breaths
Watch a Movie	Do an Act of Kindness	Try something new	Go Outside	Laugh
Eat Healthy	Draw or Doodle	Make a List of Things You're Thankful For	Free Space	Rest
FREE SPACE	Sing or Dance	Relax	Look Through Old Photos	Meditate

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Bingo Card ID 006

Wellness Bingo

Listen to Music	Do an Act of Kindness	Rest	Eat Healthy	Watch a Movie
Draw or Doodle	Read a Book	Exercise	Look Through Old Photos	Self-care
Make a List of Things You're Thankful For	Call a Friend	Relax	Meditate	Laugh
Forgive Someone	Sing or Dance	Think Happy Thoughts	Try something new	Go Outside
Free Space	Take Deep Breaths	Drink Water	Count to 10	FREE SPACE

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Bingo Card ID 007

Wellness Bingo

Try something new	Draw or Doodle	Meditate	Sing or Dance	Watch a Movie
FREE SPACE	Self-care	Read a Book	Eat Healthy	Laugh
Exercise	Relax	Go Outside	Count to 10	Make a List of Things You're Thankful For
Listen to Music	Look Through Old Photos	Free Space	Call a Friend	Think Happy Thoughts
Rest	Forgive Someone	Drink Water	Take Deep Breaths	Do an Act of Kindness

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Bingo Card ID 008

Wellness Bingo

Try something new	Rest	Forgive Someone	Go Outside	Call a Friend
Draw or Doodle	Think Happy Thoughts	Count to 10	Listen to Music	Drink Water
Self-care	Relax	Make a List of Things You're Thankful For	Exercise	Eat Healthy
Take Deep Breaths	Do an Act of Kindness	Watch a Movie	Laugh	Meditate
Free Space	FREE SPACE	Read a Book	Look Through Old Photos	Sing or Dance

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Bingo Card ID 009

Wellness Bingo

Forgive Someone	Free Space	Look Through Old Photos	Sing or Dance	Count to 10
Listen to Music	Drink Water	Eat Healthy	Laugh	Rest
Relax	Make a List of Things You're Thankful For	Try something new	Exercise	Read a Book
Take Deep Breaths	FREE SPACE	Meditate	Draw or Doodle	Go Outside
Call a Friend	Self-care	Do an Act of Kindness	Watch a Movie	Think Happy Thoughts

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Bingo Card ID 010

Wellness Bingo

Think Happy Thoughts	Sing or Dance	Meditate	Do an Act of Kindness	Draw or Doodle
Read a Book	FREE SPACE	Exercise	Count to 10	Call a Friend
Look Through Old Photos	Watch a Movie	Rest	Free Space	Self-care
Laugh	Try something new	Listen to Music	Take Deep Breaths	Drink Water
Go Outside	Relax	Forgive Someone	Eat Healthy	Make a List of Things You're Thankful For

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Bingo Card ID 011

Wellness Bingo

Do an Act of Kindness	Take Deep Breaths	Rest	Count to 10	Eat Healthy
Make a List of Things You're Thankful For	Forgive Someone	Listen to Music	Look Through Old Photos	Self-care
FREE SPACE	Try something new	Meditate	Watch a Movie	Laugh
Read a Book	Relax	Sing or Dance	Draw or Doodle	Think Happy Thoughts
Call a Friend	Exercise	Drink Water	Go Outside	Free Space

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Bingo Card ID 012

Wellness Bingo

Read a Book	FREE SPACE	Make a List of Things You're Thankful For	Do an Act of Kindness	Exercise
Free Space	Look Through Old Photos	Go Outside	Take Deep Breaths	Eat Healthy
Laugh	Self-care	Count to 10	Watch a Movie	Try something new
Listen to Music	Think Happy Thoughts	Rest	Forgive Someone	Draw or Doodle
Call a Friend	Relax	Meditate	Sing or Dance	Drink Water

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Bingo Card ID 013

Wellness Bingo

Self-care	Watch a Movie	Drink Water	Forgive Someone	Free Space
Look Through Old Photos	Draw or Doodle	Eat Healthy	Try something new	Make a List of Things You're Thankful For
Read a Book	Sing or Dance	Rest	Exercise	FREE SPACE
Call a Friend	Meditate	Count to 10	Go Outside	Think Happy Thoughts
Do an Act of Kindness	Laugh	Listen to Music	Take Deep Breaths	Relax

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Bingo Card ID 014

Wellness Bingo

Free Space	Watch a Movie	Drink Water	Laugh	Look Through Old Photos
Draw or Doodle	Self-care	Relax	Go Outside	Make a List of Things You're Thankful For
Exercise	Take Deep Breaths	Read a Book	Call a Friend	Listen to Music
Meditate	Count to 10	Think Happy Thoughts	Eat Healthy	Sing or Dance
Rest	Try something new	Forgive Someone	FREE SPACE	Do an Act of Kindness

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Bingo Card ID 015

Wellness Bingo

FREE SPACE	Forgive Someone	Listen to Music	Read a Book	Do an Act of Kindness
Relax	Think Happy Thoughts	Look Through Old Photos	Eat Healthy	Count to 10
Make a List of Things You're Thankful For	Drink Water	Sing or Dance	Self-care	Rest
Watch a Movie	Go Outside	Exercise	Try something new	Call a Friend
Take Deep Breaths	Draw or Doodle	Meditate	Laugh	Free Space

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Bingo Card ID 016

Wellness Bingo

Count to 10	Make a List of Things You're Thankful For	Laugh	Try something new	Exercise
Think Happy Thoughts	Take Deep Breaths	Self-care	Watch a Movie	Look Through Old Photos
Relax	Meditate	Call a Friend	Listen to Music	Free Space
Read a Book	Rest	Go Outside	Forgive Someone	Sing or Dance
Drink Water	FREE SPACE	Do an Act of Kindness	Eat Healthy	Draw or Doodle

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Bingo Card ID 017

Wellness Bingo

Listen to Music	Make a List of Things You're Thankful For	Eat Healthy	Try something new	Watch a Movie
Drink Water	FREE SPACE	Do an Act of Kindness	Sing or Dance	Forgive Someone
Free Space	Look Through Old Photos	Call a Friend	Go Outside	Read a Book
Laugh	Draw or Doodle	Take Deep Breaths	Meditate	Relax
Rest	Think Happy Thoughts	Count to 10	Exercise	Self-care

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Bingo Card ID 018

Wellness Bingo

Laugh	Do an Act of Kindness	Call a Friend	Drink Water	Self-care
Look Through Old Photos	Rest	Make a List of Things You're Thankful For	Meditate	Relax
Think Happy Thoughts	Listen to Music	Go Outside	Free Space	Forgive Someone
Sing or Dance	Exercise	FREE SPACE	Eat Healthy	Draw or Doodle
Count to 10	Read a Book	Take Deep Breaths	Try something new	Watch a Movie

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Bingo Card ID 019

Wellness Bingo

Exercise	Go Outside	Watch a Movie	Laugh	Free Space
Draw or Doodle	Forgive Someone	Drink Water	Look Through Old Photos	Meditate
Relax	Try something new	Rest	Eat Healthy	Sing or Dance
Read a Book	FREE SPACE	Self-care	Count to 10	Call a Friend
Listen to Music	Take Deep Breaths	Make a List of Things You're Thankful For	Think Happy Thoughts	Do an Act of Kindness

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Bingo Card ID 020

Wellness Bingo

Look Through Old Photos	Sing or Dance	Exercise	Make a List of Things You're Thankful For	Call a Friend
Read a Book	Meditate	FREE SPACE	Listen to Music	Do an Act of Kindness
Watch a Movie	Take Deep Breaths	Go Outside	Laugh	Forgive Someone
Self-care	Draw or Doodle	Think Happy Thoughts	Try something new	Relax
Count to 10	Eat Healthy	Drink Water	Free Space	Rest

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Bingo Card ID 021

Wellness Bingo

Sing or Dance	Meditate	Make a List of Things You're Thankful For	FREE SPACE	Rest
Relax	Listen to Music	Think Happy Thoughts	Drink Water	Count to 10
Draw or Doodle	Eat Healthy	Try something new	Watch a Movie	Free Space
Read a Book	Self-care	Call a Friend	Look Through Old Photos	Laugh
Exercise	Do an Act of Kindness	Go Outside	Take Deep Breaths	Forgive Someone

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Bingo Card ID 022

Wellness Bingo

Laugh	Call a Friend	Drink Water	Free Space	Meditate
Listen to Music	Read a Book	Do an Act of Kindness	Forgive Someone	Count to 10
Try something new	Self-care	Take Deep Breaths	Go Outside	Rest
Draw or Doodle	Look Through Old Photos	Sing or Dance	Eat Healthy	FREE SPACE
Think Happy Thoughts	Watch a Movie	Relax	Make a List of Things You're Thankful For	Exercise

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Bingo Card ID 023

Wellness Bingo

Go Outside	Free Space	Call a Friend	Read a Book	Draw or Doodle
Sing or Dance	Try something new	Relax	Think Happy Thoughts	Forgive Someone
Self-care	Laugh	Exercise	FREE SPACE	Watch a Movie
Look Through Old Photos	Take Deep Breaths	Meditate	Make a List of Things You're Thankful For	Drink Water
Eat Healthy	Rest	Count to 10	Do an Act of Kindness	Listen to Music

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Bingo Card ID 024

Wellness Bingo

Take Deep Breaths	Relax	Exercise	Do an Act of Kindness	Go Outside
Meditate	Make a List of Things You're Thankful For	Watch a Movie	Think Happy Thoughts	Listen to Music
Look Through Old Photos	FREE SPACE	Drink Water	Laugh	Forgive Someone
Read a Book	Call a Friend	Draw or Doodle	Free Space	Eat Healthy
Rest	Sing or Dance	Count to 10	Self-care	Try something new

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Bingo Card ID 025

Wellness Bingo

Relax	Look Through Old Photos	Think Happy Thoughts	Drink Water	Draw or Doodle
Forgive Someone	Laugh	Call a Friend	Free Space	Try something new
Go Outside	Make a List of Things You're Thankful For	Do an Act of Kindness	Sing or Dance	Take Deep Breaths
Self-care	Watch a Movie	Eat Healthy	Rest	Meditate
FREE SPACE	Listen to Music	Read a Book	Count to 10	Exercise

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Bingo Card ID 026

Wellness Bingo

Call a Friend	FREE SPACE	Free Space	Self-care	Exercise
Count to 10	Try something new	Laugh	Sing or Dance	Go Outside
Drink Water	Read a Book	Listen to Music	Draw or Doodle	Meditate
Relax	Take Deep Breaths	Look Through Old Photos	Watch a Movie	Make a List of Things You're Thankful For
Rest	Forgive Someone	Do an Act of Kindness	Eat Healthy	Think Happy Thoughts

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Bingo Card ID 027

Wellness Bingo

Listen to Music	FREE SPACE	Try something new	Think Happy Thoughts	Look Through Old Photos
Sing or Dance	Count to 10	Call a Friend	Watch a Movie	Take Deep Breaths
Drink Water	Relax	Laugh	Draw or Doodle	Rest
Forgive Someone	Meditate	Make a List of Things You're Thankful For	Free Space	Go Outside
Do an Act of Kindness	Read a Book	Self-care	Eat Healthy	Exercise

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Bingo Card ID 028

Wellness Bingo

Go Outside	Rest	Try something new	Read a Book	Exercise
Sing or Dance	Take Deep Breaths	Think Happy Thoughts	Call a Friend	Make a List of Things You're Thankful For
Draw or Doodle	Relax	Self-care	Free Space	Forgive Someone
Drink Water	Do an Act of Kindness	FREE SPACE	Eat Healthy	Look Through Old Photos
Watch a Movie	Meditate	Count to 10	Laugh	Listen to Music

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Bingo Card ID 029

Wellness Bingo

Go Outside	Do an Act of Kindness	Take Deep Breaths	Call a Friend	Drink Water
FREE SPACE	Count to 10	Draw or Doodle	Laugh	Forgive Someone
Look Through Old Photos	Make a List of Things You're Thankful For	Watch a Movie	Think Happy Thoughts	Exercise
Relax	Self-care	Sing or Dance	Eat Healthy	Try something new
Meditate	Read a Book	Rest	Free Space	Listen to Music

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Bingo Card ID 030

Wellness Bingo

Meditate	FREE SPACE	Count to 10	Exercise	Think Happy Thoughts
Eat Healthy	Make a List of Things You're Thankful For	Sing or Dance	Go Outside	Try something new
Rest	Look Through Old Photos	Listen to Music	Drink Water	Do an Act of Kindness
Laugh	Self-care	Relax	Free Space	Draw or Doodle
Call a Friend	Take Deep Breaths	Read a Book	Forgive Someone	Watch a Movie

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