

Mental Health 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/cm6nekk

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

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Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/cm6nekk

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.

GO FOR A WALK	USE A STRESS BALL	TALK TO A TEACHER OR COUNSELOR	TALK TO YOUR PARENTS	TAKE 10 DEEP BREATHES	PERFORM A RANDOM ACT OF KINDNESS	VOLUNTEER YOUR TIME
SIT IN THE SUN	EAT HEALTHY	LISTEN TO MUSIC	JOIN SCHOOL CLUBS	THINK POSITIVELY	DRAW/PAINT	SLEEP
WRITE IN A JOURNAL	HANG OUT WITH FRIENDS	WATCH A FUNNY MOVIE	IDENTIFY FEELINGS	EXERCISE	HUG A FRIEND/FAMILY MEMBER	YOGA
PLAY A GAME	DANCE	WRITE A POSITIVE LETTER TO YOURSELF	BAKE	CRY IT OUT	DO A PUZZLE	DRINK HOT TEA
GARDEN	GET A HUG	GO SWIMMING	MEDITATE	PLAY A CARD GAME	PLAY WITH PET	READ INSPIRATIONAL QUOTES
RIDE A BIKE	SPEND TIME IN NATURE	TAKE A COLD SHOWER	VOLUNTEER	YELL INTO A PILLOW		

Bingo Card ID 001

Mental Health Bingo

PERFORM A RANDOM ACT OF KINDNESS	DANCE	SPEND TIME IN NATURE	HANG OUT WITH FRIENDS	DRINK HOT TEA
TALK TO YOUR PARENTS	JOIN SCHOOL CLUBS	TAKE 10 DEEP BREATHES	GO FOR A WALK	TALK TO A TEACHER OR COUNSELOR
PLAY A CARD GAME	LISTEN TO MUSIC	FREE SPACE	IDENTIFY FEELINGS	DRAW/PAINT
YELL INTO A PILLOW	PLAY A GAME	WRITE IN A JOURNAL	TAKE A COLD SHOWER	CRY IT OUT
READ INSPIRATIONAL QUOTES	EAT HEALTHY	GARDEN	RIDE A BIKE	WATCH A FUNNY MOVIE

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Bingo Card ID 002

Mental Health Bingo

PLAY A CARD GAME	HUG A FRIEND/FAMILY MEMBER	LISTEN TO MUSIC	SLEEP	THINK POSITIVELY
PERFORM A RANDOM ACT OF KINDNESS	GARDEN	GO FOR A WALK	WRITE IN A JOURNAL	YELL INTO A PILLOW
VOLUNTEER YOUR TIME	EAT HEALTHY	FREE SPACE	TAKE 10 DEEP BREATHES	PLAY A GAME
DRINK HOT TEA	VOLUNTEER	MEDITATE	RIDE A BIKE	YOGA
TALK TO A TEACHER OR COUNSELOR	SPEND TIME IN NATURE	USE A STRESS BALL	GET A HUG	DO A PUZZLE

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Bingo Card ID 003

Mental Health Bingo

PLAY A CARD GAME	IDENTIFY FEELINGS	TAKE A COLD SHOWER	MEDITATE	TALK TO A TEACHER OR COUNSELOR
TAKE 10 DEEP BREATHES	TALK TO YOUR PARENTS	GET A HUG	GO SWIMMING	WRITE A POSITIVE LETTER TO YOURSELF
SPEND TIME IN NATURE	VOLUNTEER	FREE SPACE	SLEEP	DRINK HOT TEA
PLAY WITH PET	READ INSPIRATIONAL QUOTES	SIT IN THE SUN	HUG A FRIEND/FAMILY MEMBER	YELL INTO A PILLOW
EAT HEALTHY	DANCE	PERFORM A RANDOM ACT OF KINDNESS	CRY IT OUT	LISTEN TO MUSIC

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Bingo Card ID 004

Mental Health Bingo

WRITE A POSITIVE LETTER TO YOURSELF	READ INSPIRATIONAL QUOTES	YELL INTO A PILLOW	TAKE A COLD SHOWER	USE A STRESS BALL
PLAY A GAME	HANG OUT WITH FRIENDS	DRAW/PAINT	TAKE 10 DEEP BREATHES	HUG A FRIEND/FAMILY MEMBER
IDENTIFY FEELINGS	SLEEP	FREE SPACE	CRY IT OUT	JOIN SCHOOL CLUBS
THINK POSITIVELY	RIDE A BIKE	VOLUNTEER	SIT IN THE SUN	EAT HEALTHY
VOLUNTEER YOUR TIME	PLAY A CARD GAME	PERFORM A RANDOM ACT OF KINDNESS	MEDITATE	TALK TO A TEACHER OR COUNSELOR

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Bingo Card ID 005

Mental Health Bingo

DRAW/PAINT	READ INSPIRATIONAL QUOTES	HANG OUT WITH FRIENDS	BAKE	TAKE 10 DEEP BREATHES
EAT HEALTHY	VOLUNTEER YOUR TIME	TALK TO A TEACHER OR COUNSELOR	WRITE IN A JOURNAL	WATCH A FUNNY MOVIE
GARDEN	PLAY A CARD GAME	FREE SPACE	YELL INTO A PILLOW	PLAY WITH PET
CRY IT OUT	LISTEN TO MUSIC	SIT IN THE SUN	DANCE	RIDE A BIKE
USE A STRESS BALL	GO FOR A WALK	GO SWIMMING	DRINK HOT TEA	DO A PUZZLE

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Bingo Card ID 006

Mental Health Bingo

WATCH A FUNNY MOVIE	DANCE	HANG OUT WITH FRIENDS	TAKE A COLD SHOWER	THINK POSITIVELY
PERFORM A RANDOM ACT OF KINDNESS	TALK TO YOUR PARENTS	DO A PUZZLE	DRINK HOT TEA	SIT IN THE SUN
LISTEN TO MUSIC	YOGA	FREE SPACE	TALK TO A TEACHER OR COUNSELOR	EAT HEALTHY
HUG A FRIEND/FAMILY MEMBER	PLAY A CARD GAME	IDENTIFY FEELINGS	WRITE IN A JOURNAL	BAKE
YELL INTO A PILLOW	VOLUNTEER	MEDITATE	GO SWIMMING	JOIN SCHOOL CLUBS

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Bingo Card ID 007

Mental Health Bingo

RIDE A BIKE	DO A PUZZLE	PLAY A GAME	JOIN SCHOOL CLUBS	TAKE A COLD SHOWER
SIT IN THE SUN	TALK TO A TEACHER OR COUNSELOR	USE A STRESS BALL	WATCH A FUNNY MOVIE	PLAY A CARD GAME
EXERCISE	VOLUNTEER	FREE SPACE	LISTEN TO MUSIC	TALK TO YOUR PARENTS
SPEND TIME IN NATURE	WRITE A POSITIVE LETTER TO YOURSELF	GO SWIMMING	DRINK HOT TEA	SLEEP
MEDITATE	CRY IT OUT	IDENTIFY FEELINGS	GO FOR A WALK	EAT HEALTHY

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Bingo Card ID 008

Mental Health Bingo

RIDE A BIKE	PERFORM A RANDOM ACT OF KINDNESS	GARDEN	GO FOR A WALK	TALK TO YOUR PARENTS
VOLUNTEER	BAKE	WRITE A POSITIVE LETTER TO YOURSELF	WRITE IN A JOURNAL	DO A PUZZLE
READ INSPIRATIONAL QUOTES	CRY IT OUT	FREE SPACE	THINK POSITIVELY	TAKE 10 DEEP BREATHES
YELL INTO A PILLOW	HANG OUT WITH FRIENDS	SLEEP	YOGA	DRAW/PAINT
WATCH A FUNNY MOVIE	MEDITATE	TAKE A COLD SHOWER	PLAY A CARD GAME	IDENTIFY FEELINGS

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Bingo Card ID 009

Mental Health Bingo

GARDEN	THINK POSITIVELY	VOLUNTEER YOUR TIME	SLEEP	HUG A FRIEND/FAMILY MEMBER
WATCH A FUNNY MOVIE	TALK TO YOUR PARENTS	GET A HUG	YOGA	TAKE 10 DEEP BREATHES
CRY IT OUT	PLAY A GAME	FREE SPACE	HANG OUT WITH FRIENDS	GO SWIMMING
YELL INTO A PILLOW	DRAW/PAINT	DRINK HOT TEA	IDENTIFY FEELINGS	VOLUNTEER
MEDITATE	PERFORM A RANDOM ACT OF KINDNESS	USE A STRESS BALL	EAT HEALTHY	SPEND TIME IN NATURE

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Bingo Card ID 010

Mental Health Bingo

PLAY A GAME	VOLUNTEER YOUR TIME	READ INSPIRATIONAL QUOTES	JOIN SCHOOL CLUBS	DANCE
LISTEN TO MUSIC	DO A PUZZLE	VOLUNTEER	TAKE A COLD SHOWER	SLEEP
EXERCISE	WRITE IN A JOURNAL	FREE SPACE	EAT HEALTHY	TAKE 10 DEEP BREATHES
CRY IT OUT	SPEND TIME IN NATURE	BAKE	HUG A FRIEND/FAMILY MEMBER	YOGA
SIT IN THE SUN	PERFORM A RANDOM ACT OF KINDNESS	GET A HUG	PLAY A CARD GAME	THINK POSITIVELY

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Bingo Card ID 011

Mental Health Bingo

YOGA	DANCE	THINK POSITIVELY	PLAY WITH PET	TALK TO YOUR PARENTS
YELL INTO A PILLOW	VOLUNTEER YOUR TIME	CRY IT OUT	PERFORM A RANDOM ACT OF KINDNESS	WRITE IN A JOURNAL
DRINK HOT TEA	VOLUNTEER	FREE SPACE	IDENTIFY FEELINGS	TAKE A COLD SHOWER
GARDEN	PLAY A CARD GAME	HANG OUT WITH FRIENDS	TALK TO A TEACHER OR COUNSELOR	HUG A FRIEND/FAMILY MEMBER
EXERCISE	JOIN SCHOOL CLUBS	SIT IN THE SUN	GO SWIMMING	RIDE A BIKE

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Bingo Card ID 012

Mental Health Bingo

LISTEN TO MUSIC	IDENTIFY FEELINGS	EXERCISE	DANCE	EAT HEALTHY
GET A HUG	HUG A FRIEND/FAMILY MEMBER	GO FOR A WALK	TAKE 10 DEEP BREATHES	WRITE A POSITIVE LETTER TO YOURSELF
TALK TO YOUR PARENTS	WATCH A FUNNY MOVIE	FREE SPACE	WRITE IN A JOURNAL	GO SWIMMING
PLAY WITH PET	DRINK HOT TEA	PLAY A CARD GAME	CRY IT OUT	SIT IN THE SUN
YELL INTO A PILLOW	RIDE A BIKE	YOGA	THINK POSITIVELY	VOLUNTEER

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Bingo Card ID 013

Mental Health Bingo

PLAY A CARD GAME	WRITE A POSITIVE LETTER TO YOURSELF	SIT IN THE SUN	GARDEN	HUG A FRIEND/FAMILY MEMBER
DRAW/PAINT	GET A HUG	WATCH A FUNNY MOVIE	DRINK HOT TEA	DO A PUZZLE
RIDE A BIKE	IDENTIFY FEELINGS	FREE SPACE	TALK TO YOUR PARENTS	SLEEP
THINK POSITIVELY	LISTEN TO MUSIC	PERFORM A RANDOM ACT OF KINDNESS	PLAY A GAME	YELL INTO A PILLOW
EAT HEALTHY	EXERCISE	USE A STRESS BALL	BAKE	JOIN SCHOOL CLUBS

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Bingo Card ID 014

Mental Health Bingo

YOGA	GET A HUG	SIT IN THE SUN	DRAW/PAINT	TAKE A COLD SHOWER
GO SWIMMING	HUG A FRIEND/FAMILY MEMBER	THINK POSITIVELY	PLAY A CARD GAME	DO A PUZZLE
VOLUNTEER YOUR TIME	IDENTIFY FEELINGS	FREE SPACE	MEDITATE	GO FOR A WALK
VOLUNTEER	EAT HEALTHY	WRITE IN A JOURNAL	PLAY WITH PET	SPEND TIME IN NATURE
WRITE A POSITIVE LETTER TO YOURSELF	BAKE	HANG OUT WITH FRIENDS	LISTEN TO MUSIC	JOIN SCHOOL CLUBS

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EXERCISE	VOLUNTEER	GARDEN	HANG OUT WITH FRIENDS	YELL INTO A PILLOW
DANCE	MEDITATE	LISTEN TO MUSIC	HUG A FRIEND/FAMILY MEMBER	READ INSPIRATIONAL QUOTES
CRY IT OUT	IDENTIFY FEELINGS	FREE SPACE	TAKE A COLD SHOWER	USE A STRESS BALL
DRINK HOT TEA	TAKE 10 DEEP BREATHES	DRAW/PAINT	PLAY A GAME	TALK TO YOUR PARENTS
GO FOR A WALK	PERFORM A RANDOM ACT OF KINDNESS	PLAY A CARD GAME	SIT IN THE SUN	EAT HEALTHY

Mental Health Bingo

IDENTIFY FEELINGS	CRY IT OUT	GO SWIMMING	WRITE IN A JOURNAL	WRITE A POSITIVE LETTER TO YOURSELF
EAT HEALTHY	RIDE A BIKE	SLEEP	PLAY WITH PET	READ INSPIRATIONAL QUOTES
YOGA	VOLUNTEER YOUR TIME	FREE SPACE	PLAY A CARD GAME	TAKE A COLD SHOWER
TALK TO A TEACHER OR COUNSELOR	SIT IN THE SUN	HUG A FRIEND/FAMILY MEMBER	USE A STRESS BALL	SPEND TIME IN NATURE
BAKE	MEDITATE	JOIN SCHOOL CLUBS	HANG OUT WITH FRIENDS	PERFORM A RANDOM ACT OF KINDNESS

Bingo Card ID 017

Mental Health Bingo

VOLUNTEER YOUR TIME	IDENTIFY FEELINGS	HANG OUT WITH FRIENDS	USE A STRESS BALL	SIT IN THE SUN
DRAW/PAINT	DRINK HOT TEA	TALK TO YOUR PARENTS	RIDE A BIKE	THINK POSITIVELY
WRITE A POSITIVE LETTER TO YOURSELF	PLAY A GAME	FREE SPACE	DANCE	EXERCISE
GET A HUG	GARDEN	TAKE A COLD SHOWER	BAKE	HUG A FRIEND/FAMILY MEMBER
GO FOR A WALK	LISTEN TO MUSIC	GO SWIMMING	SLEEP	SPEND TIME IN NATURE

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Bingo Card ID 018

Mental Health Bingo

GO SWIMMING	DANCE	YELL INTO A PILLOW	BAKE	WATCH A FUNNY MOVIE
DRAW/PAINT	WRITE A POSITIVE LETTER TO YOURSELF	HUG A FRIEND/FAMILY MEMBER	PLAY A CARD GAME	IDENTIFY FEELINGS
PERFORM A RANDOM ACT OF KINDNESS	THINK POSITIVELY	FREE SPACE	JOIN SCHOOL CLUBS	MEDITATE
WRITE IN A JOURNAL	READ INSPIRATIONAL QUOTES	VOLUNTEER	YOGA	HANG OUT WITH FRIENDS
PLAY A GAME	GARDEN	GO FOR A WALK	GET A HUG	USE A STRESS BALL

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Bingo Card ID 019

Mental Health Bingo

GO FOR A WALK	EAT HEALTHY	YELL INTO A PILLOW	SLEEP	GO SWIMMING
GET A HUG	SIT IN THE SUN	DO A PUZZLE	GARDEN	USE A STRESS BALL
DRAW/PAINT	TAKE A COLD SHOWER	FREE SPACE	THINK POSITIVELY	HUG A FRIEND/FAMILY MEMBER
JOIN SCHOOL CLUBS	YOGA	VOLUNTEER YOUR TIME	MEDITATE	RIDE A BIKE
SPEND TIME IN NATURE	PERFORM A RANDOM ACT OF KINDNESS	PLAY A GAME	DRINK HOT TEA	LISTEN TO MUSIC

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Bingo Card ID 020

Mental Health Bingo

PLAY A GAME	EAT HEALTHY	TALK TO A TEACHER OR COUNSELOR	HUG A FRIEND/FAMILY MEMBER	IDENTIFY FEELINGS
YOGA	BAKE	LISTEN TO MUSIC	JOIN SCHOOL CLUBS	EXERCISE
TAKE 10 DEEP BREATHES	HANG OUT WITH FRIENDS	FREE SPACE	DANCE	SIT IN THE SUN
WRITE A POSITIVE LETTER TO YOURSELF	VOLUNTEER	WATCH A FUNNY MOVIE	SPEND TIME IN NATURE	TALK TO YOUR PARENTS
WRITE IN A JOURNAL	PLAY WITH PET	GARDEN	GO SWIMMING	GO FOR A WALK

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PLAY A GAME	TAKE A COLD SHOWER	JOIN SCHOOL CLUBS	IDENTIFY FEELINGS	EXERCISE
WRITE A POSITIVE LETTER TO YOURSELF	USE A STRESS BALL	PERFORM A RANDOM ACT OF KINDNESS	MEDITATE	READ INSPIRATIONAL QUOTES
HANG OUT WITH FRIENDS	SLEEP	FREE SPACE	CRY IT OUT	SPEND TIME IN NATURE
DRAW/PAINT	VOLUNTEER YOUR TIME	VOLUNTEER	DRINK HOT TEA	DO A PUZZLE
TAKE 10 DEEP BREATHES	GET A HUG	RIDE A BIKE	SIT IN THE SUN	WATCH A FUNNY MOVIE

Mental Health Bingo

GO SWIMMING	USE A STRESS BALL	WATCH A FUNNY MOVIE	BAKE	DRAW/PAINT
JOIN SCHOOL CLUBS	GET A HUG	HANG OUT WITH FRIENDS	LISTEN TO MUSIC	DANCE
YELL INTO A PILLOW	RIDE A BIKE	FREE SPACE	CRY IT OUT	PLAY A CARD GAME
YOGA	GARDEN	SLEEP	PERFORM A RANDOM ACT OF KINDNESS	GO FOR A WALK
PLAY WITH PET	TAKE 10 DEEP BREATHES	DO A PUZZLE	HUG A FRIEND/FAMILY MEMBER	TALK TO A TEACHER OR COUNSELOR

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GET A HUG	YELL INTO A PILLOW	GO FOR A WALK	BAKE	DO A PUZZLE
SPEND TIME IN NATURE	LISTEN TO MUSIC	VOLUNTEER YOUR TIME	PLAY A GAME	MEDITATE
RIDE A BIKE	GARDEN	FREE SPACE	PLAY A CARD GAME	READ INSPIRATIONAL QUOTES
GO SWIMMING	TALK TO YOUR PARENTS	TALK TO A TEACHER OR COUNSELOR	WRITE A POSITIVE LETTER TO YOURSELF	TAKE A COLD SHOWER
YOGA	EXERCISE	EAT HEALTHY	SIT IN THE SUN	USE A STRESS BALL

Mental Health Bingo

EAT HEALTHY	PLAY WITH PET	MEDITATE	DANCE	WRITE A POSITIVE LETTER TO YOURSELF
TALK TO A TEACHER OR COUNSELOR	IDENTIFY FEELINGS	SPEND TIME IN NATURE	WATCH A FUNNY MOVIE	JOIN SCHOOL CLUBS
GO FOR A WALK	USE A STRESS BALL	FREE SPACE	READ INSPIRATIONAL QUOTES	HANG OUT WITH FRIENDS
SIT IN THE SUN	HUG A FRIEND/FAMILY MEMBER	EXERCISE	DRAW/PAINT	LISTEN TO MUSIC
GARDEN	VOLUNTEER YOUR TIME	GO SWIMMING	BAKE	DO A PUZZLE

Mental Health Bingo

YOGA	MEDITATE	USE A STRESS BALL	HUG A FRIEND/FAMILY MEMBER	YELL INTO A PILLOW
SPEND TIME IN NATURE	READ INSPIRATIONAL QUOTES	DRAW/PAINT	VOLUNTEER	DO A PUZZLE
GARDEN	TAKE A COLD SHOWER	FREE SPACE	GO SWIMMING	WRITE A POSITIVE LETTER TO YOURSELF
BAKE	GET A HUG	RIDE A BIKE	TAKE 10 DEEP BREATHES	GO FOR A WALK
IDENTIFY FEELINGS	TALK TO A TEACHER OR COUNSELOR	SLEEP	DANCE	WATCH A FUNNY MOVIE

Mental Health Bingo

BAKE	EXERCISE	THINK POSITIVELY	GET A HUG	YOGA
PLAY A CARD GAME	EAT HEALTHY	CRY IT OUT	RIDE A BIKE	GO SWIMMING
VOLUNTEER	USE A STRESS BALL	FREE SPACE	PLAY A GAME	GO FOR A WALK
SLEEP	DRAW/PAINT	WRITE A POSITIVE LETTER TO YOURSELF	LISTEN TO MUSIC	TALK TO A TEACHER OR COUNSELOR
WATCH A FUNNY MOVIE	HANG OUT WITH FRIENDS	DO A PUZZLE	JOIN SCHOOL CLUBS	MEDITATE

Bingo Card ID 027

Mental Health Bingo

HANG OUT WITH FRIENDS	EXERCISE	RIDE A BIKE	YELL INTO A PILLOW	TALK TO A TEACHER OR COUNSELOR
SPEND TIME IN NATURE	READ INSPIRATIONAL QUOTES	HUG A FRIEND/FAMILY MEMBER	TAKE A COLD SHOWER	BAKE
SIT IN THE SUN	CRY IT OUT	FREE SPACE	PLAY A GAME	TAKE 10 DEEP BREATHES
PLAY WITH PET	DRAW/PAINT	GO SWIMMING	MEDITATE	USE A STRESS BALL
DO A PUZZLE	TALK TO YOUR PARENTS	PERFORM A RANDOM ACT OF KINDNESS	WATCH A FUNNY MOVIE	GARDEN

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Bingo Card ID 028

Mental Health Bingo

RIDE A BIKE	GO FOR A WALK	PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO MUSIC	VOLUNTEER YOUR TIME
EAT HEALTHY	TALK TO YOUR PARENTS	SPEND TIME IN NATURE	TALK TO A TEACHER OR COUNSELOR	YOGA
WRITE A POSITIVE LETTER TO YOURSELF	USE A STRESS BALL	FREE SPACE	SLEEP	VOLUNTEER
READ INSPIRATIONAL QUOTES	PLAY WITH PET	PLAY A GAME	BAKE	TAKE 10 DEEP BREATHES
WATCH A FUNNY MOVIE	DO A PUZZLE	MEDITATE	PLAY A CARD GAME	IDENTIFY FEELINGS

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Mental Health Bingo

YOGA	TALK TO A TEACHER OR COUNSELOR	GO FOR A WALK	DANCE	VOLUNTEER
SLEEP	PLAY WITH PET	YELL INTO A PILLOW	SPEND TIME IN NATURE	WRITE IN A JOURNAL
TALK TO YOUR PARENTS	TAKE A COLD SHOWER	FREE SPACE	BAKE	DRAW/PAINT
EXERCISE	CRY IT OUT	WRITE A POSITIVE LETTER TO YOURSELF	VOLUNTEER YOUR TIME	GO SWIMMING
DO A PUZZLE	HUG A FRIEND/FAMILY MEMBER	GARDEN	TAKE 10 DEEP BREATHES	IDENTIFY FEELINGS

Mental Health Bingo

YOGA	EXERCISE	JOIN SCHOOL CLUBS	CRY IT OUT	EAT HEALTHY
IDENTIFY FEELINGS	WRITE IN A JOURNAL	VOLUNTEER	SPEND TIME IN NATURE	READ INSPIRATIONAL QUOTES
PLAY A GAME	DRINK HOT TEA	FREE SPACE	WATCH A FUNNY MOVIE	GO FOR A WALK
RIDE A BIKE	HUG A FRIEND/FAMILY MEMBER	TAKE 10 DEEP BREATHES	DRAW/PAINT	PERFORM A RANDOM ACT OF KINDNESS
HANG OUT WITH FRIENDS	THINK POSITIVELY	TAKE A COLD SHOWER	USE A STRESS BALL	VOLUNTEER YOUR TIME