

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 4 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/dts8sg3

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next two pages 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 4.

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/faq> 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/dts8sg3

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/dts8sg3

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.

NOTE - Your caller's card continues onto the next page of this PDF.

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.

chest pain	chest pressure	Choking sensation	Restlessness	Agitation	Pacing	Practice Yoga
Dragon breathing	Take a deep breath	Talk to Adapt staff	Do something creative	Listen to music	Coloring	Increased heart rate
Dizziness	Sweating	Hot flashes	Chills	Nausea	Upset stomach	Trembling
Shaking	Tense muscles	Dry mouth	Fear of losing control	Fear of physical injury	Fear of death	Fear of negative evaluation
Poor memory	Difficulty in reasoning	Avoidance of threat cues	Hyperventilation	Difficulty speaking	Freezing	Feeling nervous
Feeling tense	Feeling frightened	Being edgy	Being impatient	Take prescription medication	Leave situation	Take a nap
Become quiet	Watch TV	Exercise	Go shopping	Buspar	Xanax	Klonopin

Bingo Caller's Card - Continued

Ativan	Valium	Vistaril	Paxil	Zoloft	Prozac	Lexapro
Cymbalta						

Bingo Card ID 001

Vistaril	Fear of death	Go shopping	Avoidance of threat cues	Take prescription medication
Difficulty speaking	Trembling	Klonopin	Being impatient	Dragon breathing
Valium	Restlessness	FREE SPACE	Cymbalta	Hot flashes
Sweating	Increased heart rate	Do something creative	Dry mouth	Fear of losing control
Being edgy	Fear of negative evaluation	Practice Yoga	Ativan	Hyperventilation

Bingo Card ID 002

Fear of losing control	Upset stomach	Talk to Adapt staff	Vistaril	Freezing
Shaking	Dizziness	Dry mouth	Take a deep breath	Leave situation
Fear of death	Choking sensation	FREE SPACE	Cymbalta	Xanax
Poor memory	Hot flashes	Take prescription medication	Nausea	chest pressure
Practice Yoga	Buspar	Zoloft	Listen to music	Fear of negative evaluation

Bingo Card ID 003

Zoloft	Hyperventilation	Do something creative	Fear of losing control	Exercise
Hot flashes	Watch TV	Increased heart rate	Klonopin	Coloring
Take a nap	Paxil	FREE SPACE	Take prescription medication	Difficulty in reasoning
Go shopping	Talk to Adapt staff	Listen to music	Tense muscles	Freezing
Fear of physical injury	Being impatient	chest pain	Practice Yoga	Upset stomach

Bingo Card ID 004

Zoloft	Feeling frightened	Paxil	Take a nap	Hyperventilation
Practice Yoga	Lexapro	Fear of negative evaluation	Difficulty speaking	Dizziness
Being edgy	Hot flashes	FREE SPACE	Freezing	Do something creative
Ativan	Restlessness	Dragon breathing	Vistaril	Leave situation
Trembling	Listen to music	Xanax	Feeling nervous	Nausea

Bingo Card ID 005

Difficulty speaking	Being edgy	Feeling frightened	Agitation	Take a nap
Buspar	Nausea	Hot flashes	Increased heart rate	Valium
Poor memory	Pacing	FREE SPACE	chest pressure	Practice Yoga
Trembling	Choking sensation	Fear of losing control	Vistaril	Dry mouth
Take prescription medication	Fear of physical injury	Ativan	Talk to Adapt staff	Feeling tense

Bingo Card ID 006

Pacing	chest pain	Difficulty speaking	Avoidance of threat cues	Watch TV
Tense muscles	chest pressure	Hyperventilation	Fear of death	Leave situation
Being impatient	Feeling tense	FREE SPACE	Klonopin	Become quiet
Buspar	Dry mouth	Increased heart rate	Trembling	Vistaril
Prozac	Dizziness	Fear of losing control	Do something creative	Poor memory

Bingo Card ID 007

Become quiet	Feeling nervous	Fear of negative evaluation	Valium	chest pain
Dragon breathing	Restlessness	Feeling tense	Hyperventilation	Sweating
Increased heart rate	Lexapro	FREE SPACE	Pacing	Listen to music
Chills	Dry mouth	Zoloft	Fear of losing control	Klonopin
Go shopping	Take a nap	Paxil	Difficulty in reasoning	Being impatient

Bingo Card ID 008

Restlessness	Feeling nervous	Fear of death	Take prescription medication	Klonopin
Choking sensation	Shaking	Cymbalta	Listen to music	Watch TV
Paxil	Poor memory	FREE SPACE	Take a nap	Agitation
Take a deep breath	Become quiet	Valium	Ativan	Feeling frightened
Talk to Adapt staff	Upset stomach	Practice Yoga	Hot flashes	Leave situation

Bingo Card ID 009

Tense muscles	Choking sensation	Leave situation	Zoloft	Watch TV
Freezing	Nausea	Pacing	Trembling	Coloring
Klonopin	Dizziness	FREE SPACE	Hot flashes	Fear of negative evaluation
Ativan	Prozac	Practice Yoga	Difficulty speaking	Difficulty in reasoning
Being edgy	Being impatient	Do something creative	Exercise	Fear of death

Bingo Card ID 010

Feeling frightened	Fear of negative evaluation	Xanax	Dragon breathing	Nausea
Avoidance of threat cues	Freezing	Dry mouth	Listen to music	Hyperventilation
Become quiet	Valium	FREE SPACE	Chills	Buspar
Poor memory	Talk to Adapt staff	Ativan	Hot flashes	Restlessness
Go shopping	Agitation	Dizziness	Prozac	Vistaril

Bingo Card ID 011

Leave situation	Fear of physical injury	Avoidance of threat cues	Prozac	Trembling
Talk to Adapt staff	Nausea	Practice Yoga	Shaking	Take prescription medication
Klonopin	Sweating	FREE SPACE	Ativan	Fear of death
Being impatient	Poor memory	Xanax	Take a deep breath	Do something creative
Vistaril	Listen to music	Hyperventilation	Choking sensation	Increased heart rate

Bingo Card ID 012

Vistaril	Chills	Dry mouth	Do something creative	Dizziness
Avoidance of threat cues	Buspar	Coloring	chest pressure	Hot flashes
Restlessness	Shaking	FREE SPACE	Take prescription medication	Paxil
Cymbalta	Pacing	Poor memory	Klonopin	Difficulty in reasoning
Fear of physical injury	Being impatient	Ativan	Talk to Adapt staff	Fear of losing control

Bingo Card ID 013

Shaking	Fear of losing control	chest pressure	Paxil	Being edgy
Dizziness	Take a deep breath	Feeling tense	Choking sensation	Coloring
Take prescription medication	Being impatient	FREE SPACE	Pacing	Become quiet
Vistaril	Do something creative	Klonopin	Freezing	Feeling nervous
Leave situation	Sweating	Talk to Adapt staff	Fear of negative evaluation	Upset stomach

Bingo Card ID 014

Prozac	Coloring	Restlessness	Being edgy	Feeling tense
Hyperventilation	Difficulty in reasoning	Take a nap	Become quiet	Fear of losing control
Dizziness	Leave situation	FREE SPACE	Upset stomach	Nausea
Trembling	Zoloft	Take prescription medication	Do something creative	Exercise
Cymbalta	Talk to Adapt staff	Poor memory	Buspar	Listen to music

Bingo Card ID 015

Talk to Adapt staff	Chills	Listen to music	Take a deep breath	Choking sensation
chest pain	Practice Yoga	Difficulty speaking	Dry mouth	Avoidance of threat cues
Zoloft	Xanax	FREE SPACE	Exercise	Vistaril
Feeling frightened	Dizziness	chest pressure	Take prescription medication	Tense muscles
Upset stomach	Lexapro	Ativan	Hyperventilation	Being impatient

Bingo Card ID 016

Difficulty in reasoning	Ativan	Do something creative	Talk to Adapt staff	Take a nap
chest pressure	Feeling nervous	Paxil	Poor memory	Buspar
chest pain	Freezing	FREE SPACE	Prozac	Fear of physical injury
Nausea	Watch TV	Feeling frightened	Restlessness	Shaking
Increased heart rate	Hyperventilation	Fear of losing control	Dizziness	Feeling tense

Bingo Card ID 017

Take a deep breath	Nausea	Lexapro	Difficulty speaking	Do something creative
Feeling tense	Klonopin	Being edgy	Being impatient	Feeling nervous
Vistaril	Leave situation	FREE SPACE	Paxil	Take prescription medication
Fear of negative evaluation	Talk to Adapt staff	Chills	Valium	Avoidance of threat cues
Tense muscles	Coloring	Choking sensation	Agitation	Hyperventilation

Bingo Card ID 018

Difficulty in reasoning	Avoidance of threat cues	Sweating	Practice Yoga	Agitation
Take a deep breath	Shaking	Pacing	chest pressure	Restlessness
Dizziness	Being edgy	FREE SPACE	Fear of losing control	Paxil
Leave situation	Do something creative	Fear of death	Take prescription medication	Tense muscles
Upset stomach	Dragon breathing	Valium	chest pain	Poor memory

Bingo Card ID 019

Freezing	Watch TV	Practice Yoga	Take prescription medication	Buspar
Cymbalta	Coloring	Feeling tense	Difficulty in reasoning	Become quiet
Choking sensation	Talk to Adapt staff	FREE SPACE	Trembling	Being edgy
Lexapro	Hyperventilation	Tense muscles	Dizziness	Dragon breathing
Prozac	Leave situation	Take a nap	Nausea	chest pressure

Bingo Card ID 020

Increased heart rate	Fear of negative evaluation	Watch TV	Buspar	Dizziness
Tense muscles	Prozac	Do something creative	Talk to Adapt staff	Dry mouth
Agitation	Upset stomach	FREE SPACE	Hot flashes	Dragon breathing
Chills	Valium	Zoloft	Take a nap	Difficulty speaking
Feeling tense	Avoidance of threat cues	Paxil	Listen to music	Klonopin

Bingo Card ID 021

Hyperventilation	Take a deep breath	Fear of negative evaluation	Dragon breathing	Do something creative
Chills	Paxil	Lexapro	Take a nap	Fear of death
Exercise	Tense muscles	FREE SPACE	Shaking	Feeling frightened
Trembling	Difficulty speaking	Freezing	Ativan	Nausea
Being edgy	Go shopping	Restlessness	chest pain	Vistaril

Bingo Card ID 022

Difficulty in reasoning	Shaking	Sweating	Lexapro	Pacing
Trembling	Watch TV	Being edgy	chest pain	Agitation
Upset stomach	Vistaril	FREE SPACE	Restlessness	Zoloft
Coloring	Difficulty speaking	Dragon breathing	Take a deep breath	Dry mouth
Avoidance of threat cues	Ativan	Fear of losing control	Choking sensation	Prozac

Bingo Card ID 023

Coloring	Practice Yoga	Cymbalta	Xanax	Upset stomach
Agitation	Dry mouth	Go shopping	Become quiet	Nausea
Fear of negative evaluation	Talk to Adapt staff	FREE SPACE	Exercise	Tense muscles
Feeling nervous	Sweating	Fear of losing control	Feeling frightened	Choking sensation
Increased heart rate	Klonopin	Zoloft	Take a nap	chest pressure

Bingo Card ID 024

Take prescription medication	Buspar	Fear of physical injury	Upset stomach	Exercise
Zoloft	Paxil	Avoidance of threat cues	Take a deep breath	Pacing
Increased heart rate	Cymbalta	FREE SPACE	Go shopping	Do something creative
Dragon breathing	Restlessness	Lexapro	Shaking	chest pain
Feeling frightened	Feeling tense	Difficulty speaking	Talk to Adapt staff	Sweating

Bingo Card ID 025

Shaking	Lexapro	Exercise	Dizziness	Prozac
Feeling frightened	Practice Yoga	Go shopping	Vistaril	Take a deep breath
Being edgy	Listen to music	FREE SPACE	chest pain	Choking sensation
Sweating	Difficulty in reasoning	Watch TV	Become quiet	Hyperventilation
Paxil	Agitation	Coloring	Feeling nervous	Hot flashes

Bingo Card ID 026

Agitation	Chills	Leave situation	Prozac	Take a nap
Coloring	chest pain	Buspar	Take prescription medication	Fear of losing control
Zoloft	Difficulty in reasoning	FREE SPACE	Ativan	Feeling nervous
Watch TV	Listen to music	Lexapro	Fear of negative evaluation	chest pressure
Cymbalta	Freezing	Being edgy	Xanax	Paxil

Bingo Card ID 027

chest pain	Valium	Sweating	Chills	Difficulty speaking
Feeling nervous	Trembling	Practice Yoga	Increased heart rate	Go shopping
Dizziness	Feeling frightened	FREE SPACE	Hyperventilation	Fear of negative evaluation
Ativan	Feeling tense	Agitation	Zoloft	Xanax
Watch TV	Fear of physical injury	Hot flashes	Being edgy	Exercise

Bingo Card ID 028

Feeling nervous	Fear of death	Sweating	Cymbalta	Nausea
Go shopping	Buspar	Klonopin	Dry mouth	Xanax
Increased heart rate	Lexapro	FREE SPACE	Freezing	Paxil
Prozac	Listen to music	Fear of negative evaluation	Fear of physical injury	Feeling frightened
Agitation	Pacing	Take a deep breath	Hot flashes	Restlessness

Bingo Card ID 029

Tense muscles	Prozac	Cymbalta	Increased heart rate	Avoidance of threat cues
Listen to music	Freezing	Fear of physical injury	Practice Yoga	Go shopping
Agitation	Zoloft	FREE SPACE	Watch TV	Talk to Adapt staff
Poor memory	Klonopin	Hyperventilation	Being edgy	Chills
Sweating	Ativan	chest pain	Valium	Take prescription medication

Bingo Card ID 030

Dragon breathing	Chills	Prozac	Ativan	Buspar
Do something creative	Listen to music	Zoloft	Go shopping	Poor memory
Being impatient	Fear of negative evaluation	FREE SPACE	Feeling frightened	Shaking
Cymbalta	Feeling nervous	Pacing	Leave situation	chest pressure
Fear of death	Dizziness	Difficulty speaking	Take a deep breath	Being edgy