

Mindfulness Bingo

myfreebingocards.com

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/dtyajqt

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/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/dtyajqt

Edit and Create

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

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.

Breathing	Moment	Seconds	Smells	Touch	Food	Music
Trust	air	Grass	Hug	Feeling	Body	Exercise
Meditating	Color	light	relax	silence	breeze	Mental
Physical	Light	Strong				

Mindfulness

Trust	Color	Music	Food	Smells
Mental	Seconds	air	Strong	Feeling
breeze	relax	FREE SPACE	Grass	Breathing
silence	Light	Moment	Body	Meditating
Hug	Exercise	Physical	Touch	light

Mindfulness

air	Strong	Physical	Trust	Light
Mental	Grass	Touch	breeze	Food
silence	Meditating	FREE SPACE	Exercise	Moment
Breathing	Feeling	Color	relax	Body
Smells	Hug	Music	Seconds	light

Mindfulness

Touch	Seconds	air	Meditating	Moment
light	Food	Grass	Physical	relax
Color	Trust	FREE SPACE	Breathing	Hug
Strong	Light	breeze	Body	silence
Smells	Music	Mental	Feeling	Exercise

Mindfulness

relax	Music	breeze	Feeling	Physical
Breathing	Seconds	Smells	silence	Touch
Grass	Trust	FREE SPACE	air	Exercise
Meditating	Light	Food	light	Mental
Strong	Color	Moment	Body	Hug

Mindfulness

Music	Feeling	relax	Grass	Body
air	Light	Strong	light	Breathing
Color	silence	FREE SPACE	Mental	Moment
Food	Exercise	Meditating	Seconds	Trust
Hug	breeze	Smells	Touch	Physical

Mindfulness

Music	Color	Trust	Exercise	Food
Grass	Strong	Physical	air	Seconds
Body	Moment	FREE SPACE	Smells	Touch
Light	breeze	relax	silence	Mental
Meditating	Feeling	light	Breathing	Hug

Mindfulness

silence	Exercise	breeze	Smells	air
Hug	Strong	Food	Moment	Seconds
Grass	Touch	FREE SPACE	Mental	Breathing
Music	Physical	Meditating	Body	relax
Light	Trust	Feeling	Color	light

Mindfulness

silence	Trust	Light	Mental	Body
Exercise	Breathing	relax	Music	Feeling
air	Touch	FREE SPACE	Seconds	Grass
Color	light	Food	Smells	Moment
Strong	Meditating	Hug	Physical	breeze

Mindfulness

Light	Meditating	Physical	Breathing	breeze
Music	Feeling	Food	Moment	Trust
Touch	Seconds	FREE SPACE	silence	Grass
Strong	Hug	light	Smells	Exercise
Mental	air	Color	Body	relax

Mindfulness

Smells	relax	breeze	Color	Exercise
Strong	Hug	Grass	Breathing	Body
Physical	air	FREE SPACE	Meditating	Trust
Music	silence	Moment	light	Feeling
Touch	Mental	Light	Food	Seconds

Mindfulness

Color	light	Breathing	Trust	Food
Seconds	Light	Music	air	Hug
Physical	Smells	FREE SPACE	silence	Moment
Strong	Touch	breeze	Exercise	relax
Body	Grass	Feeling	Mental	Meditating

Mindfulness

Seconds	Hug	Strong	Color	Grass
Meditating	Physical	Mental	light	Food
Moment	air	FREE SPACE	Breathing	silence
Music	Trust	relax	Light	Exercise
Body	Touch	Smells	Feeling	breeze

Mindfulness

air	Light	Feeling	Meditating	Physical
Exercise	Food	silence	Seconds	breeze
Trust	Strong	FREE SPACE	Grass	Hug
Body	Smells	Breathing	Mental	Color
relax	Moment	Music	light	Touch

Mindfulness

Meditating	Feeling	Moment	Physical	Exercise
air	Touch	Mental	Seconds	Grass
light	Body	FREE SPACE	Strong	Music
Smells	Breathing	relax	Food	breeze
Trust	silence	Light	Hug	Color

Mindfulness

Hug	Light	Music	Strong	Color
Touch	relax	Physical	Food	Breathing
Seconds	Feeling	FREE SPACE	breeze	air
Mental	Trust	silence	Grass	Body
light	Exercise	Smells	Moment	Meditating

Mindfulness

Seconds	Moment	Breathing	silence	Grass
relax	light	air	Physical	Touch
Smells	Body	FREE SPACE	Music	Meditating
Strong	Trust	Mental	Light	breeze
Feeling	Hug	Color	Food	Exercise

Mindfulness

Music	Seconds	Food	silence	Feeling
breeze	Color	Hug	Meditating	Light
Physical	Body	FREE SPACE	Mental	Moment
Strong	Exercise	light	Smells	Touch
Trust	relax	Breathing	air	Grass

Mindfulness

Moment	Color	Body	Feeling	air
Physical	Trust	Seconds	Smells	Touch
relax	Music	FREE SPACE	Mental	Meditating
Light	breeze	Grass	Hug	Food
Exercise	Breathing	Strong	light	silence

Mindfulness

Grass	Mental	Meditating	Exercise	Moment
Light	Feeling	Smells	Physical	Touch
Trust	silence	FREE SPACE	Food	breeze
Strong	Hug	Breathing	air	Body
Music	light	Seconds	relax	Color

Mindfulness

Physical	breeze	Grass	Seconds	Body
Strong	Smells	Hug	Music	Color
light	Mental	FREE SPACE	Moment	Light
air	Exercise	relax	silence	Touch
Breathing	Food	Feeling	Meditating	Trust

Mindfulness

breeze	Smells	Hug	Seconds	Trust
Touch	Music	relax	Breathing	Feeling
Exercise	Food	FREE SPACE	silence	Meditating
Strong	air	Body	Physical	Moment
Grass	Color	Mental	light	Light

Mindfulness

Moment	Body	Feeling	Meditating	Smells
Music	Strong	Color	Breathing	air
silence	Light	FREE SPACE	Mental	Trust
light	Exercise	Physical	breeze	Hug
Food	relax	Touch	Seconds	Grass

Mindfulness

Mental	Meditating	Body	Exercise	Strong
breeze	Touch	silence	Light	air
relax	Moment	FREE SPACE	Hug	Grass
Physical	light	Smells	Seconds	Feeling
Food	Breathing	Trust	Color	Music

Mindfulness

Grass	light	Touch	Color	Smells
Mental	Seconds	Music	relax	Feeling
Hug	Physical	FREE SPACE	Light	Moment
Strong	Body	Exercise	Meditating	Food
Trust	breeze	Breathing	air	silence

Mindfulness

Physical	Touch	relax	Feeling	Exercise
Moment	Light	Body	Meditating	silence
Mental	Seconds	FREE SPACE	Color	breeze
air	light	Food	Trust	Hug
Smells	Music	Breathing	Grass	Strong

Mindfulness

Body	Hug	Meditating	air	Grass
Breathing	Moment	silence	breeze	Mental
Feeling	Strong	FREE SPACE	Exercise	Music
Smells	Touch	light	Physical	Seconds
Trust	Light	Color	Food	relax

Mindfulness

silence	Hug	Music	Physical	relax
Breathing	breeze	Body	Feeling	light
Moment	Touch	FREE SPACE	Exercise	Light
Trust	Seconds	Smells	Meditating	Mental
Color	Strong	air	Grass	Food

Mindfulness

silence	Mental	Trust	Grass	Strong
relax	light	breeze	Body	Touch
Seconds	air	FREE SPACE	Exercise	Meditating
Light	Feeling	Color	Physical	Hug
Food	Moment	Breathing	Smells	Music

Mindfulness

Mental	Color	light	Body	Feeling
Hug	Breathing	Exercise	Moment	Physical
Light	Seconds	FREE SPACE	relax	Touch
Grass	air	breeze	silence	Food
Strong	Smells	Trust	Meditating	Music

Mindfulness

Smells	Hug	Breathing	Grass	relax
breeze	Food	Seconds	silence	Mental
Trust	Physical	FREE SPACE	Music	Feeling
Color	Moment	air	Touch	Meditating
Exercise	light	Body	Strong	Light