

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/gmtkwqf

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/gmtkwqf

Edit and Create

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

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.

Used a coping skill	Took a shower this week	Got 7-9 hours of rest	Used a face mask	Washed your bedding	Talked to a loved one	Sang
Took a nap	Read a book	Exercised	Let yourself Cry	Journalled	Meditated	Took a shower
Smiled at someone	Achieved a goal this week	Set an achievable goal this week	Danced	Listened to your body	Drank water	Processed Feelings
Bought something for yourself	Complimented yourself	Dropped a bad habit	Started a good habit	Woke up early	Went to every class this week	Got a mani/pedi
brushed your teeth	tried something new	ate food today	hugged a friend/loved one	did something nice for someone else	watched a movie	watch a tv show
took a study break	cleaned your room	did your laundry	washed your dishes	told someone you love them	told someone no	took a break from social media
played a game	took a deep breath	watched the sun set	spoke to your favorite person	listened to music	did your homework	spoke to your RA

Bingo Card ID 001

Mental Health Bingo

Started a good habit	Went to every class this week	Complimented yourself	watched the sun set	washed your dishes
cleaned your room	Dropped a bad habit	Meditated	Sang	Woke up early
Let yourself Cry	told someone you love them	FREE SPACE	took a deep breath	brushed your teeth
Talked to a loved one	Set an achievable goal this week	Read a book	spoke to your favorite person	Took a nap
Drank water	spoke to your RA	Took a shower this week	Bought something for yourself	ate food today

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Bingo Card ID 002

Mental Health Bingo

Talked to a loved one	watch a tv show	took a break from social media	Washed your bedding	Set an achievable goal this week
Processed Feelings	did something nice for someone else	took a study break	Started a good habit	Got a mani/pedi
Let yourself Cry	spoke to your RA	FREE SPACE	hugged a friend/loved one	washed your dishes
Woke up early	Exercised	spoke to your favorite person	Dropped a bad habit	did your laundry
Smiled at someone	Took a nap	Used a coping skill	watched the sun set	told someone no

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ate food today	Talked to a loved one	Smiled at someone	Read a book	brushed your teeth
tried something new	Woke up early	cleaned your room	Journalled	Listened to your body
played a game	washed your dishes	FREE SPACE	Went to every class this week	did your laundry
watch a tv show	watched a movie	Washed your bedding	Took a shower	Dropped a bad habit
Complimented yourself	Took a shower this week	Used a face mask	spoke to your favorite person	Exercised

Mental Health Bingo

played a game	tried something new	Took a shower this week	spoke to your favorite person	did your homework
ate food today	Took a nap	Meditated	Drank water	Woke up early
Processed Feelings	Read a book	FREE SPACE	Bought something for yourself	Washed your bedding
did something nice for someone else	Sang	told someone you love them	did your laundry	Used a coping skill
watched the sun set	hugged a friend/loved one	Used a face mask	Exercised	Started a good habit

Mental Health Bingo

Drank water	Took a shower this week	Meditated	Achieved a goal this week	tried something new
Exercised	hugged a friend/loved one	Woke up early	brushed your teeth	spoke to your RA
listened to music	Talked to a loved one	FREE SPACE	spoke to your favorite person	watched the sun set
Got a mani/pedi	Set an achievable goal this week	washed your dishes	Took a shower	Bought something for yourself
Used a face mask	watch a tv show	Complimented yourself	did your homework	Listened to your body

Mental Health Bingo

listened to music	Complimented yourself	watched a movie	Meditated	ate food today
did something nice for someone else	Started a good habit	Used a face mask	Danced	Dropped a bad habit
cleaned your room	Set an achievable goal this week	FREE SPACE	told someone no	brushed your teeth
watched the sun set	Exercised	Processed Feelings	Talked to a loved one	Read a book
Achieved a goal this week	took a study break	spoke to your RA	watch a tv show	took a deep breath

Mental Health Bingo

Used a coping skill	Danced	Sang	Took a nap	Used a face mask
ate food today	took a deep breath	told someone you love them	brushed your teeth	listened to music
did your homework	Set an achievable goal this week	FREE SPACE	Got 7-9 hours of rest	did your laundry
Talked to a loved one	cleaned your room	tried something new	Went to every class this week	Dropped a bad habit
played a game	Listened to your body	Exercised	Bought something for yourself	Washed your bedding

Mental Health Bingo

told someone you love them	Used a coping skill	Started a good habit	cleaned your room	washed your dishes
took a break from social media	Got a mani/pedi	Let yourself Cry	did your laundry	spoke to your RA
played a game	Achieved a goal this week	FREE SPACE	took a study break	tried something new
Danced	Took a shower this week	watch a tv show	Bought something for yourself	did something nice for someone else
Woke up early	spoke to your favorite person	Washed your bedding	watched the sun set	Meditated

Bingo Card ID 009

Mental Health Bingo

watched a movie	did something nice for someone else	Got a mani/pedi	hugged a friend/loved one	Washed your bedding
watched the sun set	Processed Feelings	listened to music	cleaned your room	Journalled
Woke up early	Bought something for yourself	FREE SPACE	Took a nap	told someone no
Listened to your body	spoke to your favorite person	Drank water	Dropped a bad habit	Meditated
Read a book	did your laundry	Smiled at someone	Started a good habit	washed your dishes

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Bingo Card ID 010

Mental Health Bingo

Took a shower this week	hugged a friend/loved one	Took a nap	Sang	Complimented yourself
Danced	Washed your bedding	ate food today	Set an achievable goal this week	did your laundry
Got 7-9 hours of rest	spoke to your RA	FREE SPACE	Exercised	Bought something for yourself
Woke up early	watch a tv show	Processed Feelings	told someone you love them	Went to every class this week
Achieved a goal this week	told someone no	tried something new	washed your dishes	Used a face mask

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Bingo Card ID 011

Mental Health Bingo

watched the sun set	Took a shower	Complimented yourself	watch a tv show	did something nice for someone else
told someone no	hugged a friend/loved one	spoke to your favorite person	cleaned your room	took a break from social media
washed your dishes	took a deep breath	FREE SPACE	Bought something for yourself	Started a good habit
took a study break	spoke to your RA	Dropped a bad habit	Read a book	did your laundry
Got a mani/pedi	ate food today	Processed Feelings	Talked to a loved one	Meditated

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Bingo Card ID 012

Mental Health Bingo

Set an achievable goal this week	Read a book	Got 7-9 hours of rest	Journaled	Complimented yourself
Processed Feelings	Exercised	told someone you love them	Let yourself Cry	Woke up early
played a game	washed your dishes	FREE SPACE	took a break from social media	listened to music
cleaned your room	spoke to your RA	Took a shower	Listened to your body	Dropped a bad habit
Bought something for yourself	Talked to a loved one	watch a tv show	watched the sun set	Used a face mask

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Bingo Card ID 013

Mental Health Bingo

Talked to a loved one	took a break from social media	played a game	Used a face mask	Got a mani/pedi
took a study break	Journalled	Processed Feelings	Drank water	washed your dishes
Danced	Dropped a bad habit	FREE SPACE	listened to music	Washed your bedding
Used a coping skill	cleaned your room	Read a book	watch a tv show	Took a nap
did something nice for someone else	Started a good habit	Set an achievable goal this week	took a deep breath	spoke to your favorite person

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Bingo Card ID 014

Mental Health Bingo

told someone no	Journalled	Used a face mask	Drank water	told someone you love them
tried something new	ate food today	Listened to your body	Processed Feelings	Danced
did something nice for someone else	Talked to a loved one	FREE SPACE	hugged a friend/loved one	watched the sun set
washed your dishes	Read a book	Smiled at someone	Let yourself Cry	watch a tv show
Exercised	spoke to your RA	did your laundry	Went to every class this week	Took a shower

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Mental Health Bingo

watch a tv show	Got 7-9 hours of rest	did your laundry	took a study break	Got a mani/pedi
Meditated	spoke to your favorite person	Set an achievable goal this week	Complimented yourself	Smiled at someone
Processed Feelings	Took a shower this week	FREE SPACE	washed your dishes	Bought something for yourself
did your homework	ate food today	Read a book	Dropped a bad habit	watched a movie
tried something new	took a break from social media	Woke up early	Took a nap	Drank water

Mental Health Bingo

Bought something for yourself	Read a book	Listened to your body	watch a tv show	tried something new
spoke to your RA	Used a coping skill	played a game	Exercised	Washed your bedding
Took a shower	Took a shower this week	FREE SPACE	hugged a friend/loved one	told someone no
told someone you love them	took a break from social media	brushed your teeth	ate food today	Talked to a loved one
washed your dishes	did your homework	Went to every class this week	took a deep breath	Processed Feelings

Mental Health Bingo

hugged a friend/loved one	took a study break	did your homework	Meditated	Read a book
Used a face mask	cleaned your room	Drank water	Dropped a bad habit	Used a coping skill
did something nice for someone else	played a game	FREE SPACE	washed your dishes	Got 7-9 hours of rest
watch a tv show	Complimented yourself	Took a nap	Journalled	Got a mani/pedi
watched a movie	ate food today	Achieved a goal this week	Processed Feelings	Let yourself Cry

Mental Health Bingo

spoke to your favorite person	took a deep breath	Complimented yourself	Listened to your body	listened to music
took a break from social media	Achieved a goal this week	took a study break	told someone you love them	Drank water
Processed Feelings	played a game	FREE SPACE	Talked to a loved one	washed your dishes
did something nice for someone else	Read a book	watched a movie	Started a good habit	Sang
spoke to your RA	watched the sun set	Smiled at someone	told someone no	Meditated

Mental Health Bingo

Washed your bedding	washed your dishes	spoke to your favorite person	Exercised	Let yourself Cry
Used a face mask	Danced	Journalled	Listened to your body	watch a tv show
Got a mani/pedi	did your homework	FREE SPACE	ate food today	watched the sun set
Drank water	did something nice for someone else	watched a movie	Sang	Processed Feelings
told someone no	hugged a friend/loved one	tried something new	Smiled at someone	Used a coping skill

Mental Health Bingo

brushed your teeth	Exercised	Took a nap	Processed Feelings	watched a movie
Read a book	watch a tv show	told someone no	Achieved a goal this week	Set an achievable goal this week
Got 7-9 hours of rest	Woke up early	FREE SPACE	Sang	tried something new
Used a face mask	Meditated	Complimented yourself	played a game	did your laundry
cleaned your room	Took a shower	listened to music	Went to every class this week	spoke to your RA

Mental Health Bingo

took a study break	ate food today	Took a nap	Sang	Read a book
Got 7-9 hours of rest	played a game	did your homework	watched a movie	tried something new
took a break from social media	Started a good habit	FREE SPACE	Smiled at someone	Took a shower this week
watched the sun set	Meditated	Went to every class this week	hugged a friend/loved one	Drank water
Bought something for yourself	Washed your bedding	told someone you love them	did your laundry	Dropped a bad habit

Mental Health Bingo

Listened to your body	took a deep breath	took a break from social media	watched the sun set	listened to music
did your homework	Achieved a goal this week	Drank water	Journalled	told someone you love them
Meditated	Sang	FREE SPACE	Set an achievable goal this week	took a study break
Complimented yourself	spoke to your favorite person	Bought something for yourself	Used a coping skill	Got a mani/pedi
Talked to a loved one	told someone no	Took a shower	washed your dishes	Washed your bedding

Mental Health Bingo

Journalled	spoke to your favorite person	Let yourself Cry	Achieved a goal this week	Set an achievable goal this week
Went to every class this week	Danced	hugged a friend/loved one	Took a nap	watched a movie
watch a tv show	took a deep breath	FREE SPACE	Used a coping skill	Smiled at someone
Talked to a loved one	Got a mani/pedi	Took a shower this week	brushed your teeth	cleaned your room
tried something new	Listened to your body	played a game	told someone no	ate food today

Mental Health Bingo

Exercised	washed your dishes	Took a shower	Smiled at someone	Complimented yourself
played a game	Read a book	Sang	Went to every class this week	listened to music
took a study break	Let yourself Cry	FREE SPACE	told someone you love them	brushed your teeth
took a break from social media	did your homework	Took a shower this week	Meditated	Used a face mask
Processed Feelings	took a deep breath	Got 7-9 hours of rest	Drank water	watch a tv show

Bingo Card ID 025

Mental Health Bingo

took a break from social media	Processed Feelings	told someone no	Smiled at someone	did your homework
Took a shower this week	Went to every class this week	spoke to your favorite person	took a study break	Drank water
did your laundry	ate food today	FREE SPACE	Listened to your body	Got a mani/pedi
took a deep breath	Danced	played a game	Journalled	Achieved a goal this week
Used a coping skill	Woke up early	brushed your teeth	Washed your bedding	watched the sun set

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Bingo Card ID 026

Mental Health Bingo

Achieved a goal this week	Got 7-9 hours of rest	told someone no	tried something new	Journalled
did something nice for someone else	Exercised	Talked to a loved one	washed your dishes	Listened to your body
Bought something for yourself	Used a coping skill	FREE SPACE	did your homework	did your laundry
Took a nap	Let yourself Cry	Washed your bedding	Drank water	played a game
Set an achievable goal this week	took a study break	brushed your teeth	listened to music	Danced

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Mental Health Bingo

took a deep breath	Got 7-9 hours of rest	Used a coping skill	Meditated	watched the sun set
Processed Feelings	spoke to your favorite person	brushed your teeth	Went to every class this week	Took a shower this week
ate food today	Bought something for yourself	FREE SPACE	Took a nap	Achieved a goal this week
Used a face mask	Woke up early	Took a shower	Drank water	Smiled at someone
Listened to your body	did your homework	Danced	cleaned your room	watch a tv show

Mental Health Bingo

Let yourself Cry	Used a coping skill	took a deep breath	Started a good habit	Went to every class this week
Set an achievable goal this week	hugged a friend/loved one	Exercised	cleaned your room	brushed your teeth
told someone no	Washed your bedding	FREE SPACE	did your homework	played a game
did your laundry	Took a shower this week	Took a shower	Took a nap	Achieved a goal this week
Woke up early	took a study break	listened to music	told someone you love them	washed your dishes

Mental Health Bingo

brushed your teeth	watched a movie	Let yourself Cry	told someone no	Complimented yourself
Washed your bedding	did your laundry	Went to every class this week	Took a shower	spoke to your favorite person
Achieved a goal this week	cleaned your room	FREE SPACE	spoke to your RA	ate food today
Got 7-9 hours of rest	watch a tv show	Drank water	took a deep breath	Bought something for yourself
tried something new	washed your dishes	played a game	hugged a friend/loved one	Listened to your body

Mental Health Bingo

Sang	Got 7-9 hours of rest	told someone no	Bought something for yourself	Exercised
spoke to your RA	Went to every class this week	Took a shower this week	Took a nap	did your laundry
Read a book	Dropped a bad habit	FREE SPACE	took a break from social media	Let yourself Cry
listened to music	Used a coping skill	Processed Feelings	took a study break	Woke up early
Started a good habit	Meditated	did something nice for someone else	Drank water	Complimented yourself