

Anger 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/mxhsnpc

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/mxhsnpc

Edit and Create

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

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.

Use Deep Breathing	Apologize for Mistakes	Forgive Others	Use "I" Statements	Problem Solve	What are 2 ways you deal with angry feelings	How does your body feel when you get angry
Draw or Journal	Use Positive Self Talk	Recognize anger triggers	Count Down	Get Away	Find a Calming Place	Practice Listening
Empathize with others	Compromise	Listen to your warning signs	Respect for self and others	Reflect on emotion/s	Grounding Techniques	Mindfulness
Catch it early	Talk it out	Exercise	No Stonewalling			

Anger

Reflect on emotion/s	Compromise	Listen to your warning signs	Empathize with others	Practice Listening
Grounding Techniques	Problem Solve	Respect for self and others	No Stonewalling	Draw or Journal
Talk it out	Exercise	HAPPY PLACE	Use Deep Breathing	Catch it early
Use Positive Self Talk	Forgive Others	Apologize for Mistakes	How does your body feel when you get angry	What are 2 ways you deal with angry feelings
Get Away	Find a Calming Place	Count Down	Recognize anger triggers	Mindfulness

Anger

Respect for self and others	Mindfulness	Problem Solve	Reflect on emotion/s	Forgive Others
Grounding Techniques	Exercise	Recognize anger triggers	Talk it out	Empathize with others
Use Positive Self Talk	Get Away	HAPPY PLACE	Count Down	Catch it early
How does your body feel when you get angry	Draw or Journal	Compromise	Use Deep Breathing	Apologize for Mistakes
Listen to your warning signs	Practice Listening	Find a Calming Place	Use "I" Statements	No Stonewalling

Anger

Recognize anger triggers	No Stonewalling	Respect for self and others	Get Away	How does your body feel when you get angry
Use "I" Statements	Empathize with others	What are 2 ways you deal with angry feelings	Compromise	Use Deep Breathing
Exercise	Mindfulness	HAPPY PLACE	Reflect on emotion/s	Catch it early
Problem Solve	Find a Calming Place	Talk it out	Apologize for Mistakes	Forgive Others
Use Positive Self Talk	Practice Listening	Listen to your warning signs	Grounding Techniques	Draw or Journal

Anger

Use Deep Breathing	Listen to your warning signs	Talk it out	Draw or Journal	Mindfulness
Catch it early	No Stonewalling	Practice Listening	Use Positive Self Talk	Respect for self and others
Reflect on emotion/s	Recognize anger triggers	HAPPY PLACE	What are 2 ways you deal with angry feelings	Exercise
Count Down	Get Away	Forgive Others	Empathize with others	Use "I" Statements
Grounding Techniques	Problem Solve	Compromise	How does your body feel when you get angry	Apologize for Mistakes

Anger

Listen to your warning signs	Draw or Journal	Use Deep Breathing	Exercise	Apologize for Mistakes
Forgive Others	Respect for self and others	Problem Solve	Catch it early	Use "I" Statements
What are 2 ways you deal with angry feelings	Compromise	HAPPY PLACE	Use Positive Self Talk	Grounding Techniques
How does your body feel when you get angry	Empathize with others	Count Down	No Stonewalling	Get Away
Reflect on emotion/s	Find a Calming Place	Talk it out	Recognize anger triggers	Mindfulness

Anger

Listen to your warning signs	Compromise	Reflect on emotion/s	Empathize with others	What are 2 ways you deal with angry feelings
Count Down	Problem Solve	Exercise	Mindfulness	Respect for self and others
No Stonewalling	Apologize for Mistakes	HAPPY PLACE	Recognize anger triggers	Practice Listening
How does your body feel when you get angry	Forgive Others	Talk it out	Use Deep Breathing	Use Positive Self Talk
Grounding Techniques	Get Away	Use "I" Statements	Draw or Journal	Catch it early

Anger

Use Positive Self Talk	Count Down	Practice Listening	Talk it out	What are 2 ways you deal with angry feelings
Find a Calming Place	Respect for self and others	Problem Solve	Empathize with others	How does your body feel when you get angry
Exercise	Recognize anger triggers	HAPPY PLACE	Grounding Techniques	Catch it early
No Stonewalling	Listen to your warning signs	Mindfulness	Get Away	Apologize for Mistakes
Use Deep Breathing	Reflect on emotion/s	Forgive Others	Draw or Journal	Use "I" Statements

Anger

Use Positive Self Talk	Reflect on emotion/s	Forgive Others	Grounding Techniques	Apologize for Mistakes
Count Down	Use Deep Breathing	Catch it early	Listen to your warning signs	Draw or Journal
Respect for self and others	Recognize anger triggers	HAPPY PLACE	No Stonewalling	Exercise
Empathize with others	Use "I" Statements	Compromise	What are 2 ways you deal with angry feelings	How does your body feel when you get angry
Practice Listening	Get Away	Find a Calming Place	Problem Solve	Mindfulness

Anger

Forgive Others	Get Away	Mindfulness	Talk it out	Catch it early
Listen to your warning signs	Draw or Journal	Empathize with others	How does your body feel when you get angry	Reflect on emotion/s
Recognize anger triggers	No Stonewalling	HAPPY PLACE	Use Positive Self Talk	Exercise
Problem Solve	Use "I" Statements	Find a Calming Place	Practice Listening	Count Down
Grounding Techniques	Apologize for Mistakes	Respect for self and others	Compromise	What are 2 ways you deal with angry feelings

Anger

Use Deep Breathing	Talk it out	Practice Listening	Compromise	Count Down
Problem Solve	Find a Calming Place	Exercise	Catch it early	Apologize for Mistakes
Mindfulness	What are 2 ways you deal with angry feelings	HAPPY PLACE	Reflect on emotion/s	Get Away
Respect for self and others	How does your body feel when you get angry	Use Positive Self Talk	Listen to your warning signs	Use "I" Statements
Draw or Journal	Grounding Techniques	Recognize anger triggers	Forgive Others	Empathize with others

Anger

Compromise	Use "I" Statements	Reflect on emotion/s	Catch it early	Empathize with others
No Stonewalling	Forgive Others	Listen to your warning signs	Mindfulness	Respect for self and others
Find a Calming Place	Use Positive Self Talk	HAPPY PLACE	Practice Listening	What are 2 ways you deal with angry feelings
How does your body feel when you get angry	Problem Solve	Recognize anger triggers	Talk it out	Count Down
Use Deep Breathing	Apologize for Mistakes	Exercise	Draw or Journal	Grounding Techniques

Anger

Problem Solve	Find a Calming Place	No Stonewalling	Compromise	Exercise
Get Away	Mindfulness	Grounding Techniques	Use "I" Statements	Empathize with others
How does your body feel when you get angry	Respect for self and others	HAPPY PLACE	Catch it early	What are 2 ways you deal with angry feelings
Use Positive Self Talk	Listen to your warning signs	Use Deep Breathing	Reflect on emotion/s	Forgive Others
Count Down	Apologize for Mistakes	Recognize anger triggers	Practice Listening	Talk it out

Anger

Respect for self and others	What are 2 ways you deal with angry feelings	Draw or Journal	Forgive Others	Get Away
Mindfulness	Count Down	Empathize with others	Use Positive Self Talk	No Stonewalling
Problem Solve	Talk it out	HAPPY PLACE	Reflect on emotion/s	Exercise
Find a Calming Place	Apologize for Mistakes	Practice Listening	Catch it early	Grounding Techniques
Use Deep Breathing	Compromise	How does your body feel when you get angry	Listen to your warning signs	Use "I" Statements

Anger

Get Away	What are 2 ways you deal with angry feelings	Draw or Journal	How does your body feel when you get angry	Mindfulness
Count Down	Respect for self and others	Recognize anger triggers	Grounding Techniques	No Stonewalling
Exercise	Use "I" Statements	HAPPY PLACE	Problem Solve	Apologize for Mistakes
Listen to your warning signs	Practice Listening	Catch it early	Use Deep Breathing	Empathize with others
Talk it out	Reflect on emotion/s	Use Positive Self Talk	Forgive Others	Find a Calming Place

Anger

Find a Calming Place	Forgive Others	Listen to your warning signs	Problem Solve	Compromise
Recognize anger triggers	Use Deep Breathing	Mindfulness	Empathize with others	Catch it early
No Stonewalling	Draw or Journal	HAPPY PLACE	Talk it out	Respect for self and others
Reflect on emotion/s	What are 2 ways you deal with angry feelings	Grounding Techniques	Exercise	Use Positive Self Talk
Apologize for Mistakes	Use "I" Statements	Count Down	Practice Listening	How does your body feel when you get angry

Anger

Catch it early	No Stonewalling	How does your body feel when you get angry	Use Positive Self Talk	Exercise
Use Deep Breathing	Use "I" Statements	Respect for self and others	What are 2 ways you deal with angry feelings	Mindfulness
Recognize anger triggers	Practice Listening	HAPPY PLACE	Apologize for Mistakes	Listen to your warning signs
Get Away	Problem Solve	Reflect on emotion/s	Grounding Techniques	Forgive Others
Talk it out	Draw or Journal	Find a Calming Place	Compromise	Empathize with others

Anger

Listen to your warning signs	No Stonewalling	Empathize with others	Use Positive Self Talk	What are 2 ways you deal with angry feelings
Draw or Journal	Find a Calming Place	Compromise	Talk it out	Forgive Others
Get Away	Mindfulness	HAPPY PLACE	Apologize for Mistakes	Grounding Techniques
Problem Solve	How does your body feel when you get angry	Count Down	Use "I" Statements	Practice Listening
Recognize anger triggers	Reflect on emotion/s	Use Deep Breathing	Catch it early	Exercise

Anger

How does your body feel when you get angry	Compromise	Apologize for Mistakes	Draw or Journal	Respect for self and others
Mindfulness	Reflect on emotion/s	No Stonewalling	Practice Listening	Recognize anger triggers
Use Deep Breathing	Listen to your warning signs	HAPPY PLACE	Grounding Techniques	Get Away
Forgive Others	Talk it out	Exercise	Find a Calming Place	Empathize with others
Count Down	Catch it early	Problem Solve	Use "I" Statements	Use Positive Self Talk

Anger

Exercise	Grounding Techniques	What are 2 ways you deal with angry feelings	How does your body feel when you get angry	Get Away
Count Down	Forgive Others	Draw or Journal	Mindfulness	Practice Listening
Recognize anger triggers	Use Positive Self Talk	HAPPY PLACE	Reflect on emotion/s	Empathize with others
Talk it out	Problem Solve	Find a Calming Place	Respect for self and others	Catch it early
Apologize for Mistakes	Listen to your warning signs	Use "I" Statements	No Stonewalling	Use Deep Breathing

Anger

Mindfulness	Talk it out	Exercise	No Stonewalling	Apologize for Mistakes
Problem Solve	Practice Listening	Find a Calming Place	Listen to your warning signs	Compromise
What are 2 ways you deal with angry feelings	Use "I" Statements	HAPPY PLACE	Grounding Techniques	How does your body feel when you get angry
Forgive Others	Respect for self and others	Count Down	Use Deep Breathing	Use Positive Self Talk
Recognize anger triggers	Catch it early	Empathize with others	Draw or Journal	Get Away

Anger

Talk it out	Practice Listening	No Stonewalling	Find a Calming Place	Reflect on emotion/s
Recognize anger triggers	Listen to your warning signs	Use Deep Breathing	Draw or Journal	Catch it early
Count Down	Empathize with others	HAPPY PLACE	Use Positive Self Talk	What are 2 ways you deal with angry feelings
Get Away	Problem Solve	Respect for self and others	Apologize for Mistakes	Mindfulness
How does your body feel when you get angry	Exercise	Compromise	Grounding Techniques	Use "I" Statements

Anger

How does your body feel when you get angry	Apologize for Mistakes	Draw or Journal	Get Away	Practice Listening
Listen to your warning signs	Problem Solve	Compromise	Forgive Others	Catch it early
Use Positive Self Talk	Respect for self and others	HAPPY PLACE	Use "I" Statements	Grounding Techniques
Reflect on emotion/s	Count Down	Mindfulness	Talk it out	Empathize with others
Find a Calming Place	Use Deep Breathing	What are 2 ways you deal with angry feelings	Recognize anger triggers	No Stonewalling

Anger

Grounding Techniques	Get Away	Apologize for Mistakes	Problem Solve	Count Down
Talk it out	Use Positive Self Talk	Recognize anger triggers	Use Deep Breathing	Forgive Others
Respect for self and others	How does your body feel when you get angry	HAPPY PLACE	Exercise	Find a Calming Place
What are 2 ways you deal with angry feelings	Mindfulness	Use "I" Statements	Practice Listening	No Stonewalling
Draw or Journal	Empathize with others	Reflect on emotion/s	Catch it early	Compromise

Anger

Use "I" Statements	Recognize anger triggers	Exercise	Compromise	Grounding Techniques
Practice Listening	No Stonewalling	What are 2 ways you deal with angry feelings	Use Deep Breathing	Listen to your warning signs
Mindfulness	Find a Calming Place	HAPPY PLACE	Draw or Journal	How does your body feel when you get angry
Forgive Others	Problem Solve	Apologize for Mistakes	Count Down	Get Away
Empathize with others	Reflect on emotion/s	Talk it out	Catch it early	Respect for self and others

Anger

Recognize anger triggers	Mindfulness	Use Deep Breathing	Draw or Journal	Count Down
Forgive Others	How does your body feel when you get angry	Apologize for Mistakes	Get Away	Use Positive Self Talk
Grounding Techniques	No Stonewalling	HAPPY PLACE	Compromise	Talk it out
Use "I" Statements	Respect for self and others	What are 2 ways you deal with angry feelings	Empathize with others	Reflect on emotion/s
Practice Listening	Find a Calming Place	Listen to your warning signs	Problem Solve	Catch it early

Anger

Apologize for Mistakes	Find a Calming Place	Get Away	Respect for self and others	Exercise
Catch it early	Use Positive Self Talk	How does your body feel when you get angry	Talk it out	Grounding Techniques
Draw or Journal	Problem Solve	HAPPY PLACE	Listen to your warning signs	Count Down
Practice Listening	Recognize anger triggers	Use "I" Statements	Mindfulness	What are 2 ways you deal with angry feelings
No Stonewalling	Reflect on emotion/s	Forgive Others	Compromise	Empathize with others

Anger

Listen to your warning signs	Find a Calming Place	Use Positive Self Talk	Use Deep Breathing	Mindfulness
Talk it out	Catch it early	Apologize for Mistakes	What are 2 ways you deal with angry feelings	Use "I" Statements
Draw or Journal	Recognize anger triggers	HAPPY PLACE	How does your body feel when you get angry	Count Down
Reflect on emotion/s	Forgive Others	Practice Listening	No Stonewalling	Get Away
Grounding Techniques	Compromise	Problem Solve	Respect for self and others	Empathize with others

Anger

Grounding Techniques	Reflect on emotion/s	Use Positive Self Talk	Problem Solve	Exercise
Talk it out	Use "I" Statements	Use Deep Breathing	Apologize for Mistakes	No Stonewalling
Count Down	Recognize anger triggers	HAPPY PLACE	Respect for self and others	Get Away
Forgive Others	Draw or Journal	Compromise	Find a Calming Place	Empathize with others
Mindfulness	What are 2 ways you deal with angry feelings	Practice Listening	Catch it early	How does your body feel when you get angry

Anger

Grounding Techniques	Compromise	Use "I" Statements	Apologize for Mistakes	Draw or Journal
Find a Calming Place	Catch it early	Count Down	How does your body feel when you get angry	Forgive Others
Mindfulness	No Stonewalling	HAPPY PLACE	What are 2 ways you deal with angry feelings	Use Deep Breathing
Exercise	Recognize anger triggers	Respect for self and others	Talk it out	Empathize with others
Use Positive Self Talk	Practice Listening	Problem Solve	Reflect on emotion/s	Get Away

Anger

Practice Listening	Find a Calming Place	Catch it early	Exercise	Use Deep Breathing
Empathize with others	No Stonewalling	Talk it out	Grounding Techniques	Use Positive Self Talk
Reflect on emotion/s	Mindfulness	HAPPY PLACE	Listen to your warning signs	Draw or Journal
Compromise	How does your body feel when you get angry	Respect for self and others	Recognize anger triggers	Get Away
Count Down	Apologize for Mistakes	Use "I" Statements	Problem Solve	Forgive Others