

# Stress 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/ok8bk](https://mfbc.us/e/ok8bk)

## 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](https://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/ok8bk](https://mfbc.us/s/ok8bk)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/ok8bk](https://mfbc.us/e/ok8bk)

Go to [myfreebingocards.com/bingo-card-generator](https://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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

Talk to someone	Visit family	Play board games	Play baseball	Put puzzle together	Sing	Be alone for awhile
Watch TV	Rollerskate/Skateboard	Dance	Count to ten	Read	Do crossword puzzles	Hug someone
Play computer games	Talk on the phone	Play a musical instrument	Do yard work	Shop	Take a nap	Play soccer
Walk	Take a bath	Swim	Laugh	Plan ahead	Listen to music	Go to a movie
Exercise	Play basketball	Do gymnastics	Take care of a pet	Write in a diary	Go fishing	Cry
Ride a bike	Play tennis	Ride a horse	Volunteer	Play football	Take a deep breath	

Bingo Card ID 001

# Stress Bingo

Play computer games	Rollerskate/Skateboard	Cry	Take a bath	Do gymnastics
Listen to music	Play baseball	Write in a diary	Shop	Hug someone
Swim	Play football	FREE SPACE	Play basketball	Play a musical instrument
Walk	Play soccer	Do crossword puzzles	Sing	Do yard work
Volunteer	Count to ten	Put puzzle together	Read	Go fishing

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Bingo Card ID 002

# Stress Bingo

Play football	Ride a horse	Play basketball	Plan ahead	Play computer games
Take a deep breath	Go fishing	Hug someone	Volunteer	Shop
Walk	Do yard work	FREE SPACE	Talk on the phone	Play board games
Play soccer	Take care of a pet	Do gymnastics	Read	Watch TV
Swim	Rollerskate/Skateboard	Take a nap	Write in a diary	Go to a movie

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Bingo Card ID 003

# Stress Bingo

Play football	Play a musical instrument	Sing	Play board games	Swim
Shop	Take a bath	Go to a movie	Laugh	Visit family
Rollerskate/Skateboard	Take care of a pet	FREE SPACE	Ride a horse	Do gymnastics
Play tennis	Put puzzle together	Ride a bike	Plan ahead	Walk
Do yard work	Cry	Play computer games	Count to ten	Play basketball

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Bingo Card ID 004

# Stress Bingo

Put puzzle together	Visit family	Walk	Take a nap	Sing
Play soccer	Listen to music	Do crossword puzzles	Shop	Plan ahead
Play a musical instrument	Ride a horse	FREE SPACE	Count to ten	Take a deep breath
Write in a diary	Play baseball	Take care of a pet	Read	Play board games
Play computer games	Play football	Talk on the phone	Ride a bike	Do yard work

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Bingo Card ID 005

# Stress Bingo

Listen to music	Put puzzle together	Do crossword puzzles	Be alone for awhile	Shop
Talk on the phone	Do yard work	Swim	Talk to someone	Volunteer
Walk	Go fishing	FREE SPACE	Play football	Play basketball
Count to ten	Play tennis	Ride a bike	Cry	Hug someone
Read	Take a nap	Laugh	Do gymnastics	Dance

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Bingo Card ID 006

# Stress Bingo

Talk to someone	Cry	Listen to music	Sing	Take a deep breath
Play computer games	Ride a bike	Dance	Do gymnastics	Take a bath
Play basketball	Swim	FREE SPACE	Do yard work	Watch TV
Plan ahead	Play football	Play a musical instrument	Be alone for awhile	Volunteer
Take care of a pet	Walk	Play board games	Play baseball	Laugh

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Bingo Card ID 007

# Stress Bingo

Dance	Read	Play soccer	Play baseball	Sing
Ride a bike	Write in a diary	Swim	Talk to someone	Take a nap
Exercise	Play basketball	FREE SPACE	Take care of a pet	Play football
Take a bath	Rollerskate/Skateboard	Do gymnastics	Laugh	Visit family
Count to ten	Do yard work	Play board games	Ride a horse	Hug someone

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Bingo Card ID 008

# Stress Bingo

Write in a diary	Read	Play computer games	Hug someone	Take a bath
Go fishing	Take care of a pet	Volunteer	Visit family	Be alone for awhile
Dance	Count to ten	FREE SPACE	Put puzzle together	Take a deep breath
Walk	Shop	Ride a horse	Listen to music	Watch TV
Do crossword puzzles	Talk to someone	Play board games	Play football	Sing

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Bingo Card ID 009

# Stress Bingo

Go fishing	Take a deep breath	Ride a horse	Talk on the phone	Go to a movie
Plan ahead	Take a bath	Talk to someone	Count to ten	Play soccer
Shop	Watch TV	FREE SPACE	Laugh	Listen to music
Do gymnastics	Do crossword puzzles	Walk	Play board games	Play computer games
Play a musical instrument	Take care of a pet	Read	Rollerskate/Skateboard	Do yard work

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Bingo Card ID 010

# Stress Bingo

Play soccer	Talk on the phone	Put puzzle together	Play baseball	Cry
Play basketball	Dance	Take care of a pet	Sing	Ride a horse
Exercise	Volunteer	FREE SPACE	Do yard work	Shop
Count to ten	Rollerskate/Skateboard	Be alone for awhile	Write in a diary	Plan ahead
Watch TV	Ride a bike	Play football	Go to a movie	Play computer games

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Bingo Card ID 011

# Stress Bingo

Play tennis	Cry	Take a deep breath	Watch TV	Talk on the phone
Take a bath	Walk	Play computer games	Count to ten	Volunteer
Do gymnastics	Play a musical instrument	FREE SPACE	Take care of a pet	Go fishing
Sing	Exercise	Listen to music	Plan ahead	Swim
Play football	Ride a bike	Read	Play baseball	Laugh

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Bingo Card ID 012

# Stress Bingo

Play basketball	Play a musical instrument	Exercise	Go to a movie	Cry
Do yard work	Plan ahead	Write in a diary	Shop	Visit family
Hug someone	Talk to someone	FREE SPACE	Take a bath	Volunteer
Do gymnastics	Play tennis	Laugh	Play football	Count to ten
Ride a bike	Walk	Take a deep breath	Read	Watch TV

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Bingo Card ID 013

# Stress Bingo

Play football	Visit family	Ride a bike	Go fishing	Plan ahead
Do crossword puzzles	Go to a movie	Talk to someone	Do gymnastics	Dance
Read	Play a musical instrument	FREE SPACE	Take a bath	Ride a horse
Take a deep breath	Play basketball	Play computer games	Play soccer	Walk
Do yard work	Exercise	Take a nap	Be alone for awhile	Play baseball

Bingo Card ID 014

# Stress Bingo

Watch TV	Go to a movie	Write in a diary	Ride a bike	Do crossword puzzles
Sing	Laugh	Plan ahead	Play football	Dance
Take a deep breath	Talk on the phone	FREE SPACE	Play board games	Hug someone
Play a musical instrument	Volunteer	Do yard work	Take care of a pet	Play tennis
Rollerskate/Skateboard	Visit family	Be alone for awhile	Play basketball	Listen to music

Bingo Card ID 015

# Stress Bingo

Exercise	Take care of a pet	Go fishing	Listen to music	Walk
Cry	Play board games	Play basketball	Plan ahead	Put puzzle together
Count to ten	Play a musical instrument	FREE SPACE	Sing	Take a nap
Do gymnastics	Shop	Do crossword puzzles	Play soccer	Take a bath
Hug someone	Play computer games	Play football	Ride a bike	Do yard work

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Bingo Card ID 016

# Stress Bingo

Count to ten	Play a musical instrument	Laugh	Volunteer	Visit family
Do yard work	Read	Ride a horse	Watch TV	Talk on the phone
Play tennis	Put puzzle together	FREE SPACE	Write in a diary	Play football
Sing	Swim	Plan ahead	Ride a bike	Take a nap
Rollerskate/Skateboard	Be alone for awhile	Play board games	Play baseball	Listen to music

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Bingo Card ID 017

# Stress Bingo

Talk on the phone	Play a musical instrument	Listen to music	Take a nap	Ride a bike
Do crossword puzzles	Do gymnastics	Take a bath	Read	Take a deep breath
Visit family	Play soccer	<b>FREE SPACE</b>	Cry	Exercise
Go to a movie	Go fishing	Sing	Be alone for awhile	Plan ahead
Hug someone	Play basketball	Laugh	Write in a diary	Ride a horse

Bingo Card ID 018

# Stress Bingo

Cry	Laugh	Walk	Be alone for awhile	Talk to someone
Write in a diary	Visit family	Do crossword puzzles	Plan ahead	Play football
Play a musical instrument	Take a deep breath	<b>FREE SPACE</b>	Play computer games	Play baseball
Volunteer	Play board games	Take care of a pet	Put puzzle together	Watch TV
Listen to music	Play soccer	Hug someone	Go to a movie	Go fishing

Bingo Card ID 019

# Stress Bingo

Do yard work	Walk	Hug someone	Ride a horse	Ride a bike
Dance	Go to a movie	Laugh	Go fishing	Do crossword puzzles
Sing	Take a nap	FREE SPACE	Take a deep breath	Watch TV
Plan ahead	Play baseball	Talk on the phone	Play board games	Play computer games
Rollerskate/Skateboard	Read	Play basketball	Do gymnastics	Play soccer

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Bingo Card ID 020

# Stress Bingo

Play soccer	Plan ahead	Swim	Do yard work	Watch TV
Play a musical instrument	Play basketball	Be alone for awhile	Exercise	Play baseball
Shop	Ride a bike	FREE SPACE	Cry	Listen to music
Visit family	Take care of a pet	Play tennis	Volunteer	Talk to someone
Take a bath	Rollerskate/Skateboard	Go fishing	Hug someone	Play football

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Bingo Card ID 021

# Stress Bingo

Play soccer	Sing	Play baseball	Play a musical instrument	Exercise
Visit family	Take a nap	Play board games	Play computer games	Put puzzle together
Listen to music	Talk on the phone	FREE SPACE	Do crossword puzzles	Rollerskate/Skateboard
Ride a horse	Count to ten	Take care of a pet	Write in a diary	Dance
Do gymnastics	Read	Ride a bike	Go to a movie	Shop

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Bingo Card ID 022

# Stress Bingo

Laugh	Talk to someone	Take a nap	Be alone for awhile	Do crossword puzzles
Go to a movie	Play baseball	Listen to music	Write in a diary	Play basketball
Cry	Go fishing	FREE SPACE	Play football	Watch TV
Walk	Read	Count to ten	Hug someone	Play tennis
Ride a horse	Play computer games	Shop	Plan ahead	Dance

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Bingo Card ID 023

# Stress Bingo

Go to a movie	Walk	Hug someone	Be alone for awhile	Dance
Rollerskate/Skateboard	Play basketball	Talk on the phone	Play soccer	Play board games
Read	Go fishing	FREE SPACE	Put puzzle together	Play football
Laugh	Take a bath	Swim	Watch TV	Visit family
Sing	Exercise	Write in a diary	Do yard work	Ride a horse

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Bingo Card ID 024

# Stress Bingo

Do yard work	Play tennis	Play board games	Cry	Visit family
Write in a diary	Play a musical instrument	Talk to someone	Rollerskate/Skateboard	Swim
Hug someone	Play baseball	FREE SPACE	Take a nap	Put puzzle together
Listen to music	Ride a bike	Plan ahead	Exercise	Do crossword puzzles
Play basketball	Talk on the phone	Go fishing	Laugh	Be alone for awhile

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Bingo Card ID 025

# Stress Bingo

Plan ahead	Watch TV	Play board games	Take a nap	Rollerskate/Skateboard
Put puzzle together	Walk	Do crossword puzzles	Take care of a pet	Dance
Sing	Go fishing	FREE SPACE	Laugh	Be alone for awhile
Go to a movie	Visit family	Read	Shop	Play a musical instrument
Hug someone	Swim	Ride a horse	Talk to someone	Take a deep breath

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Bingo Card ID 026

# Stress Bingo

Be alone for awhile	Watch TV	Take a deep breath	Exercise	Go to a movie
Play football	Do yard work	Read	Count to ten	Laugh
Take care of a pet	Take a nap	FREE SPACE	Play soccer	Hug someone
Do crossword puzzles	Ride a horse	Visit family	Swim	Play basketball
Listen to music	Talk to someone	Dance	Play baseball	Play board games

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Bingo Card ID 027

# Stress Bingo

Listen to music	Exercise	Read	Walk	Swim
Rollerskate/Skateboard	Put puzzle together	Plan ahead	Sing	Be alone for awhile
Ride a bike	Count to ten	FREE SPACE	Play soccer	Shop
Play tennis	Do crossword puzzles	Take a nap	Laugh	Play board games
Dance	Take a bath	Ride a horse	Talk to someone	Take a deep breath

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Bingo Card ID 028

# Stress Bingo

Read	Play computer games	Hug someone	Play basketball	Rollerskate/Skateboard
Take a bath	Do yard work	Talk on the phone	Swim	Take a nap
Visit family	Ride a horse	FREE SPACE	Watch TV	Take care of a pet
Put puzzle together	Play tennis	Play soccer	Be alone for awhile	Shop
Talk to someone	Write in a diary	Dance	Play football	Play board games

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Bingo Card ID 029

# Stress Bingo

Swim	Watch TV	Hug someone	Cry	Ride a horse
Take care of a pet	Play tennis	Rollerskate/Skateboard	Walk	Be alone for awhile
Sing	Take a bath	FREE SPACE	Volunteer	Do crossword puzzles
Exercise	Count to ten	Visit family	Talk on the phone	Dance
Laugh	Plan ahead	Go fishing	Shop	Ride a bike

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Bingo Card ID 030

# Stress Bingo

Play baseball	Exercise	Watch TV	Count to ten	Do yard work
Play a musical instrument	Rollerskate/Skateboard	Take care of a pet	Put puzzle together	Volunteer
Play soccer	Do gymnastics	FREE SPACE	Read	Hug someone
Talk to someone	Plan ahead	Take a deep breath	Shop	Play computer games
Listen to music	Do crossword puzzles	Sing	Cry	Take a nap

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