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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/qgqsce8

#### **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 <a href="mailto:myfreebingocards.com/virtual-bingo">myfreebingocards.com/virtual-bingo</a>.

#### Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <a href="https://myfreebingocards.com/fag">https://myfreebingocards.com/fag</a> 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/qgqsce8

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/qgqsce8

Go to <u>myfreebingocards.com/bingo-card-generator</u> to create a new set of bingo cards.

#### Legal

The terms of use for these printable bingo cards can be found at <a href="mailto:myfreebingocards.com/terms">myfreebingocards.com/terms</a>.

#### **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.

Meditate	Practice Deep Breathing	Exercise	Therapy	Stop Smoking	Eating a healthy diet
Get 8 hours of sleep	Ditch caffeine	Stay busy & active	Aromatherapy	Yoga	Drink chamomile tea
CBD products	Hang out with those close to you	Seek medication for severe anxiety	Count to 10		

0 0	Count to 10	Eating a healthy diet	Stay busy & active	Yoga	
0 0	Practice Deep Breathing	Therapy	Drink chamomile tea	CBD products	
0 0 0	Exercise	Hang out with those close to you	Aromatherapy	Seek medication for severe anxiety	
0 0	Get 8 hours of sleep	Meditate	Ditch caffeine	Stop Smoking	

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# Coping and Managing Anxiety BINGO

0 0	Stop Smoking	Hang out with those close to you	Practice Deep Breathing	Exercise	
0 0	Eating a healthy diet	Ditch caffeine	Meditate	CBD products	
0 0	Count to 10	Drink chamomile tea	Seek medication for severe anxiety	Aromatherapy	
0 0 0	Get 8 hours of sleep	Stay busy & active	Yoga	Therapy	

Therapy	Meditate	Seek medication for severe anxiety	Eating a healthy diet
Count to 10	Exercise	Stop Smoking	CBD products
Get 8 hours of sleep	Aromatherapy	Hang out with those close to you	Yoga
Stay busy & active	Ditch caffeine	Drink chamomile tea	Practice Deep Breathing

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## Coping and Managing Anxiety BINGO

0	Stay busy & active	Drink chamomile tea	Stop Smoking	CBD products	
0	Therapy	Yoga	Exercise	Ditch caffeine	
0	Eating a healthy diet	Hang out with those close to you	Meditate	Practice Deep Breathing	
0	Count to 10	Aromatherapy	Seek medication for severe anxiety	Get 8 hours of sleep	

0	Stay	Detail			
0	busy &	Drink chamomile tea	Aromatherapy	Exercise	
0	active	teu			
0	Hang out	CDD	Count	Practice	
0	with those close to	CBD products	to 10	Deep	
0	you	μ. σ σ.σ.σσ	10 10	Breathing	
0	Seek		Eating a		
0	medication for severe	Ditch caffeine	healthy	Meditate	
0	anxiety	Carrente	diet		
0		Get 8			
0	Therapy	hours	Stop Smoking	Yoga	
0		of sleep	Jinoking		

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# Coping and Managing Anxiety BINGO

0	Stay	Count	Ditch	Eating a	
0	busy &	to 10	caffeine	healthy	
0	active			diet	
0					
0	Exercise	Stop Smoking	Therapy	Aromatherapy	
0		Jinoking			
0	Seek		Hang out	Drink	
0	medication for severe	Yoga	with those close to	chamomile	
0	anxiety		you	tea	
0		Practice	000	Get 8	
0	Meditate	Deep	CBD products	hours	
0		Breathing	products	of sleep	

0 0 0	Ditch caffeine	Yoga	Get 8 hours of sleep	Eating a healthy diet	
0 0 0	Seek medication for severe anxiety	CBD products	Exercise	Practice Deep Breathing	
0 0 0	Therapy	Stay busy & active	Meditate	Stop Smoking	
0 0 0	Aromatherapy	Count to 10	Drink chamomile tea	Hang out with those close to you	

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# Coping and Managing Anxiety BINGO

0	Practice Deep Breathing	Hang out with those close to you	Aromatherapy	Ditch caffeine	
0	CBD products	Stay busy & active	Drink chamomile tea	Therapy	
0	Count to 10	Eating a healthy diet	Exercise	Seek medication for severe anxiety	
0	Yoga	Get 8 hours of sleep	Meditate	Stop Smoking	

Hang out with those close to you	Meditate	Stop Smoking	CBD products	
Drink chamomile tea	Eating a healthy diet	Seek medication for severe anxiety	Stay busy & active	
Therapy	Exercise	Get 8 hours of sleep	Ditch caffeine	
Yoga	Practice Deep Breathing	Aromatherapy	Count to 10	

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### Coping and Managing Anxiety BINGO

0 0 0	Yoga	Count to 10	Ditch caffeine	Get 8 hours of sleep	
0 0 0	Exercise	CBD products	Aromatherapy	Stop Smoking	
0 0 0	Meditate	Seek medication for severe anxiety	Stay busy & active	Drink chamomile tea	
0	Practice Deep Breathing	Eating a healthy diet	Hang out with those close to you	Therapy	

Count to 10	CBD products	Eating a healthy diet	Therapy	
Hang out with those close to you	Get 8 hours of sleep	Stay busy & active	Stop Smoking	
Seek medication for severe anxiety	Yoga	Ditch caffeine	Aromatherapy	
Drink chamomile tea	Exercise	Practice Deep Breathing	Meditate	

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### Coping and Managing Anxiety BINGO

0		Get 8		Count	
0	Therapy	hours	Exercise	Count	
0		of sleep		to 10	
0			Dunation	Eating a	
0	Meditate	Stop Smoking	Practice Deep	healthy	
0		Smoking	Breathing	diet	
0	Seek		Stay		
0	medication for severe	CBD products	busy &	Aromatherapy	
0	anxiety	products	active		
0	5:: 1	Hang out	Drink		
0	Ditch caffeine	with those close to	chamomile	Yoga	
0	L	you	tea		

Hang out with those close to you	Drink chamomile tea	Meditate	Stop Smoking	
Ditch caffeine	Eating a healthy diet	Therapy	Exercise	
Get 8 hours of sleep	Aromatherapy	CBD products	Yoga	
Count to 10	Practice Deep Breathing	Seek medication for severe anxiety	Stay busy & active	

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# Coping and Managing Anxiety BINGO

0	Meditate	Drink chamomile tea	Seek medication for severe anxiety	Ditch caffeine	
0	Stop Smoking	Practice Deep Breathing	Therapy	Exercise	
0	Aromatherapy	Stay busy & active	Yoga	CBD products	
0	Eating a healthy diet	Count to 10	Get 8 hours of sleep	Hang out with those close to you	

0	Get 8 hours of sleep	Hang out with those close to you	Stay busy & active	Count to 10
	Stop Smoking	CBD products	Eating a healthy diet	Therapy
0	Drink chamomile tea	Practice Deep Breathing	Exercise	Aromatherapy
	Ditch caffeine	Meditate	Seek medication for severe anxiety	Yoga

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# Coping and Managing Anxiety BINGO

0 0 0	CBD products	Seek medication for severe anxiety	Therapy	Exercise	
0	Stop Smoking	Aromatherapy	Yoga	Stay busy & active	
0 0 0	Meditate	Practice Deep Breathing	Hang out with those close to you	Drink chamomile tea	
0 0	Count to 10	Get 8 hours of sleep	Ditch caffeine	Eating a healthy diet	

Therapy	Stay busy & active	Drink chamomile tea	Eating a healthy diet	
Count to 10	Get 8 hours of sleep	Hang out with those close to you	Meditate	
Aromatherapy	Practice Deep Breathing	Stop Smoking	Seek medication for severe anxiety	
Ditch caffeine	Yoga	CBD products	Exercise	

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### Coping and Managing Anxiety BINGO

0 0	Count to 10	Seek medication for severe anxiety	Aromatherapy	Drink chamomile tea
0	Stop Smoking	Therapy	Yoga	Stay busy & active
0	Hang out with those close to you	Meditate	Practice Deep Breathing	Exercise
0	Eating a healthy diet	Get 8 hours of sleep	Ditch caffeine	CBD products

Practice Deep Breathing	Exercise	Ditch caffeine	Meditate	
Seek medication for severe anxiety	Hang out with those close to you	Drink chamomile tea	Stop Smoking	
Yoga	Eating a healthy diet	CBD products	Get 8 hours of sleep	
Aromatherapy	Stay busy & active	Therapy	Count to 10	

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### Coping and Managing Anxiety BINGO

0					
0	Exercise	Stop Smoking	Therapy	Aromatherapy	
0 0 0	Get 8 hours of sleep	Yoga	Count to 10	Stay busy & active	
0 0	Hang out with those close to you	Practice Deep Breathing	Seek medication for severe anxiety	Ditch caffeine	
0 0	CBD products	Eating a healthy diet	Drink chamomile tea	Meditate	

Yoga	Therapy	Get 8 hours of sleep	Stay busy & active	
CBD products	Drink chamomile tea	Ditch caffeine	Eating a healthy diet	
Meditate	Aromatherapy	Count to 10	Exercise	
Seek medication for severe anxiety	Stop Smoking	Practice Deep Breathing	Hang out with those close to you	

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### Coping and Managing Anxiety BINGO

0	Seek medication for severe anxiety	Aromatherapy	Drink chamomile tea	Meditate	
0 0	Stay busy & active	Yoga	Count to 10	CBD products	
0 0	Hang out with those close to you	Practice Deep Breathing	Ditch caffeine	Stop Smoking	
0 0	Eating a healthy diet	Get 8 hours of sleep	Therapy	Exercise	

Practice Deep Breathing	Meditate	Aromatherapy	Ditch caffeine	
Hang out with those close to you	Seek medication for severe anxiety	Exercise	Get 8 hours of sleep	
Stop Smoking	Yoga	Drink chamomile tea	Therapy	
Eating a healthy diet	CBD products	Count to 10	Stay busy & active	

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# Coping and Managing Anxiety BINGO

Exercise  Count to 10  Practice Deep Breathing  Therapy  Stay busy & Drink chamomile tea  Stop Smoking  Stop Smoking  Drink chamomile tea  Seek medication for severe anxiety  Ditch caffeine  Eating a healthy diet  Meditate  CBD products						
Yoga  Stay busy & Drink chamomile tea  Stop Smoking  Drink chamomile tea  Seek medication for severe anxiety  Drink chamomile tea  Get 8 hours of sleep  Aromatherapy  Aromatherapy Meditate  CBD products	0		Carriet	Practice		
Yoga Stay busy & active Drink chamomile tea of sleep  Stop Smoking Hang out with those close to you Ditch caffeing Eating a healthy Meditate products	0	Exercise		Deep	Therapy	
Stop Smoking  Ditch Caffeina  Ditch Caffeina  Discrete Susy & Chamomile tea Shours of sleep  Chamomile tea Seek medication for severe anxiety  Aromatherapy CBD medicate close to healthy  Meditate CBD products	0		10 10	Breathing		
Stop Smoking  Ditch Caffeina  Ditch Caffeina  Discrete busy & chamomile tea busy & of sleep  Chamomile tea bours of sleep  Seek medication for severe anxiety  Aromatherapy  CBD products	0		Stau	Drinh	Get 8	
Stop Smoking  Ditch Caffeine  Stop Short With those close to you  Ditch Caffeine  Active Seek medication for severe anxiety  Meditate CBD products	0	Yoga	busy &	chamomile	hours	
Stop Smoking with those close to you medication for severe anxiety  Ditch caffeing healthy Meditate products	0	)	active	tea	of sleep	
Smoking close to you for severe anxiety  Ditch caffeing healthy Meditate products	0	C:				
Ditch caffains Healthy Meditate products	0				Aromatherapy	
o Caffains healthy Meditate products	0		you	anxiety		
o Caffains healthy Meditate products	0	Ditala	Eating a		CDD	
det	0		healthy	Meditate		
6.150	0	33310	diet		J	

0	Cı	Drink	Ditala	Hang out	
0	Stop Smoking	chamomile tea	Ditch caffeine	with those close to	
0	9	ieu		you	
0	Seek			Practice	
0	medication for severe	Aromatherapy	Meditate	Deep	
0	anxiety			Breathing	
0		Count	Eating a	Get 8	
0	Therapy	to 10	healthy	hours	
0		10 10	diet	of sleep	
0	Stay		CDD		
0	busy &	Yoga	CBD products	Exercise	
0	active				

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# Coping and Managing Anxiety BINGO

0		Get 8			
0	Aromatherapy	hours	Meditate	Exercise	
0		of sleep			
0		Seek	Dunation	D : 1	
0	CBD products	medication for severe	Practice Deep	Drink chamomile	
0	products	anxiety	Breathing	tea	
0	<b>6</b>	Stay		_	
0	Ditch caffeine	busy &	Yoga	Stop Smoking	
0	carrente	active		Sinoking	
0		Count	Hang out	Eating a	
0	Therapy	Count to 10	with those close to	healthy	
0		10 10	you	diet	

0	Stay	Get 8			
0	busy &	hours	Stop Smoking	Aromatherapy	
0	active	of sleep	ornoring		
0	CDD	Drink	Seek	Ditala	
0	CBD products	chamomile tea	medication for severe	Ditch caffeine	
0	·	ica	anxiety		
0	Hang out				
0	with those close to	Therapy	Yoga	Meditate	
0	you				
0	Practice	Count	Eating a		
0	Deep Breathing	to 10	healthy	Exercise	
0	Dreaming		diet		

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# Coping and Managing Anxiety BINGO

0 0 0	Practice Deep Breathing	Exercise	Aromatherapy	Ditch caffeine
0 0 0	Therapy	Count to 10	Drink chamomile tea	Hang out with those close to you
0 0 0	Meditate	Eating a healthy diet	Get 8 hours of sleep	Stop Smoking
0 0 0	CBD products	Seek medication for severe anxiety	Yoga	Stay busy & active

	Practice Deep Breathing	Count to 10	Aromatherapy	Drink chamomile tea	
	Get 8	CBD	Ditch	Seek medication	
	hours of sleep	products	caffeine	for severe anxiety	
	Hang out with those	Stop	T.		
	close to you	Smoking	Therapy	Exercise	
	gou				
0	Eating a			Stay	
0	healthy	Yoga	Meditate	busy &	
0	diet	)		active	

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### Coping and Managing Anxiety BINGO

0	Get 8 hours of sleep	Yoga	CBD products	Exercise	
0	Eating a healthy diet	Therapy	Practice Deep Breathing	Drink chamomile tea	
0	Stay busy & active	Stop Smoking	Count to 10	Seek medication for severe anxiety	
0	Ditch caffeine	Meditate	Aromatherapy	Hang out with those close to you	