

The Zones of Regulation 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/qk8vgrx

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/qk8vgrx

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/qk8vgrx

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.

angry	sad	happy	silly
out of control	calm	tired	excited
sick			

The Zones of Regulation

excited	sad	out of control
calm	sick	tired
angry	silly	happy

The Zones of Regulation

tired	sick	sad
happy	calm	excited
out of control	angry	silly

The Zones of Regulation

sad	excited	sick
calm	silly	angry
tired	happy	out of control

The Zones of Regulation

out of control	calm	sick
happy	sad	tired
excited	angry	silly

The Zones of Regulation

out of control	angry	sick
tired	calm	excited
happy	sad	silly

The Zones of Regulation

excited	happy	sad
sick	angry	tired
out of control	calm	silly

The Zones of Regulation

happy	silly	sad
calm	sick	angry
excited	out of control	tired

The Zones of Regulation

tired	angry	happy
calm	out of control	excited
sad	sick	silly

The Zones of Regulation

tired	calm	out of control
sad	sick	silly
happy	angry	excited

The Zones of Regulation

excited	happy	silly
sick	calm	angry
out of control	sad	tired

The Zones of Regulation

excited	calm	sad
tired	silly	happy
angry	out of control	sick

The Zones of Regulation

silly	sick	excited
sad	calm	angry
happy	tired	out of control

The Zones of Regulation

tired	out of control	happy
sad	sick	silly
angry	calm	excited

The Zones of Regulation

out of control	happy	sick
angry	calm	sad
excited	silly	tired

The Zones of Regulation

silly	tired	excited
calm	sad	out of control
sick	angry	happy

The Zones of Regulation

calm	sick	angry
tired	out of control	excited
silly	happy	sad

The Zones of Regulation

out of control	sad	excited
silly	tired	angry
happy	calm	sick

The Zones of Regulation

excited	angry	out of control
tired	sick	sad
silly	happy	calm

The Zones of Regulation

sick	happy	tired
out of control	sad	calm
silly	angry	excited

The Zones of Regulation

sick	angry	silly
excited	tired	happy
calm	sad	out of control

The Zones of Regulation

silly	calm	out of control
happy	sad	angry
excited	sick	tired

The Zones of Regulation

angry	out of control	excited
calm	tired	happy
sad	silly	sick

The Zones of Regulation

angry	happy	tired
sick	silly	out of control
sad	calm	excited

The Zones of Regulation

sick	excited	out of control
silly	tired	angry
happy	sad	calm

The Zones of Regulation

out of control	happy	tired
angry	excited	sad
silly	calm	sick

The Zones of Regulation

angry	silly	sick
calm	out of control	happy
excited	tired	sad

The Zones of Regulation

silly	angry	calm
out of control	happy	tired
excited	sad	sick

The Zones of Regulation

sick	angry	happy
excited	out of control	tired
sad	silly	calm

The Zones of Regulation

excited	angry	out of control
silly	calm	happy
tired	sick	sad

The Zones of Regulation

silly	calm	sick
sad	out of control	excited
happy	angry	tired