

# 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/rfs47e](https://mfbc.us/e/rfs47e)

## 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/rfs47e](https://mfbc.us/s/rfs47e)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/rfs47e](https://mfbc.us/e/rfs47e)

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.

<b>eat slowly and savor a meal</b>	<b>think of 3 good things in your life</b>	<b>work on a goal</b>	<b>perform a random act of kindness</b>	<b>meditate for 10 minutes</b>	<b>spend quality time with a friend</b>	<b>watch the sunset</b>
<b>spend time on a hobby</b>	<b>get some exercise</b>	<b>reward yourself</b>	<b>create a routine</b>	<b>get help when you need it</b>	<b>avoid procrastinating</b>	<b>blow off steam</b>
<b>write a gratitude letter</b>	<b>buy a treat for yourself</b>	<b>go on a walk</b>	<b>get enough sleep</b>	<b>take breaks</b>	<b>maintain healthy relationships</b>	<b>build a support network</b>
<b>keep your room clean</b>	<b>complement someone</b>	<b>create a vision board</b>	<b>take a break from social media</b>			

# Mental Health Bingo

spend time on a hobby	build a support network	keep your room clean	create a routine	perform a random act of kindness
get some exercise	reward yourself	take a break from social media	meditate for 10 minutes	complement someone
take breaks	create a vision board	watch the sunset	blow off steam	work on a goal
get enough sleep	avoid procrastinating	go on a walk	write a gratitude letter	get help when you need it
eat slowly and savor a meal	buy a treat for yourself	spend quality time with a friend	maintain healthy relationships	think of 3 good things in your life

# Mental Health Bingo

take a break from social media	maintain healthy relationships	reward yourself	spend time on a hobby	get enough sleep
get some exercise	create a vision board	spend quality time with a friend	take breaks	create a routine
work on a goal	get help when you need it	buy a treat for yourself	blow off steam	go on a walk
complement someone	build a support network	watch the sunset	avoid procrastinating	keep your room clean
perform a random act of kindness	eat slowly and savor a meal	think of 3 good things in your life	meditate for 10 minutes	write a gratitude letter

# Mental Health Bingo

spend quality time with a friend	meditate for 10 minutes	take a break from social media	get help when you need it	go on a walk
think of 3 good things in your life	create a routine	write a gratitude letter	build a support network	watch the sunset
create a vision board	maintain healthy relationships	spend time on a hobby	blow off steam	reward yourself
eat slowly and savor a meal	take breaks	avoid procrastinating	get enough sleep	work on a goal
perform a random act of kindness	keep your room clean	get some exercise	complement someone	buy a treat for yourself

# Mental Health Bingo

watch the sunset	keep your room clean	take breaks	complement someone	maintain healthy relationships
blow off steam	meditate for 10 minutes	perform a random act of kindness	work on a goal	take a break from social media
spend time on a hobby	spend quality time with a friend	write a gratitude letter	create a vision board	buy a treat for yourself
get help when you need it	get enough sleep	create a routine	think of 3 good things in your life	get some exercise
reward yourself	build a support network	go on a walk	avoid procrastinating	eat slowly and savor a meal

# Mental Health Bingo

keep your room clean	complement someone	watch the sunset	create a vision board	avoid procrastinating
get enough sleep	take a break from social media	reward yourself	blow off steam	think of 3 good things in your life
write a gratitude letter	build a support network	work on a goal	get some exercise	go on a walk
create a routine	buy a treat for yourself	meditate for 10 minutes	get help when you need it	spend time on a hobby
eat slowly and savor a meal	take breaks	spend quality time with a friend	maintain healthy relationships	perform a random act of kindness

# Mental Health Bingo

keep your room clean	build a support network	spend time on a hobby	create a routine	write a gratitude letter
buy a treat for yourself	reward yourself	create a vision board	maintain healthy relationships	take a break from social media
meditate for 10 minutes	avoid procrastinating	spend quality time with a friend	perform a random act of kindness	go on a walk
get enough sleep	take breaks	watch the sunset	work on a goal	get some exercise
get help when you need it	think of 3 good things in your life	complement someone	blow off steam	eat slowly and savor a meal

# Mental Health Bingo

work on a goal	buy a treat for yourself	perform a random act of kindness	take breaks	write a gratitude letter
eat slowly and savor a meal	take a break from social media	reward yourself	create a routine	go on a walk
create a vision board	spend quality time with a friend	get some exercise	blow off steam	meditate for 10 minutes
keep your room clean	maintain healthy relationships	get help when you need it	avoid procrastinating	watch the sunset
spend time on a hobby	get enough sleep	complement someone	think of 3 good things in your life	build a support network

# Mental Health Bingo

work on a goal	spend time on a hobby	get enough sleep	get some exercise	avoid procrastinating
buy a treat for yourself	watch the sunset	blow off steam	keep your room clean	complement someone
take a break from social media	spend quality time with a friend	meditate for 10 minutes	create a vision board	create a routine
think of 3 good things in your life	build a support network	write a gratitude letter	go on a walk	perform a random act of kindness
get help when you need it	eat slowly and savor a meal	reward yourself	maintain healthy relationships	take breaks

# Mental Health Bingo

get enough sleep	get help when you need it	maintain healthy relationships	take breaks	blow off steam
keep your room clean	complement someone	create a routine	go on a walk	spend time on a hobby
spend quality time with a friend	meditate for 10 minutes	work on a goal	create a vision board	reward yourself
think of 3 good things in your life	eat slowly and savor a meal	perform a random act of kindness	buy a treat for yourself	get some exercise
avoid procrastinating	take a break from social media	build a support network	write a gratitude letter	watch the sunset

# Mental Health Bingo

watch the sunset	take breaks	perform a random act of kindness	build a support network	buy a treat for yourself
reward yourself	eat slowly and savor a meal	create a vision board	blow off steam	avoid procrastinating
maintain healthy relationships	write a gratitude letter	spend time on a hobby	get help when you need it	take a break from social media
go on a walk	work on a goal	keep your room clean	think of 3 good things in your life	complement someone
get some exercise	spend quality time with a friend	get enough sleep	create a routine	meditate for 10 minutes

# Mental Health Bingo

build a support network	think of 3 good things in your life	spend time on a hobby	blow off steam	create a routine
meditate for 10 minutes	get enough sleep	keep your room clean	maintain healthy relationships	take a break from social media
eat slowly and savor a meal	work on a goal	perform a random act of kindness	write a gratitude letter	go on a walk
reward yourself	spend quality time with a friend	take breaks	buy a treat for yourself	watch the sunset
avoid procrastinating	create a vision board	complement someone	get some exercise	get help when you need it

# Mental Health Bingo

reward yourself	eat slowly and savor a meal	meditate for 10 minutes	build a support network	create a vision board
get help when you need it	maintain healthy relationships	get some exercise	think of 3 good things in your life	create a routine
go on a walk	take a break from social media	blow off steam	write a gratitude letter	work on a goal
keep your room clean	watch the sunset	spend time on a hobby	get enough sleep	buy a treat for yourself
avoid procrastinating	spend quality time with a friend	perform a random act of kindness	take breaks	complement someone



Bingo Card ID 013

# Mental Health Bingo

take a break from social media	write a gratitude letter	complement someone	get enough sleep	get help when you need it
maintain healthy relationships	buy a treat for yourself	create a routine	work on a goal	meditate for 10 minutes
reward yourself	take breaks	spend time on a hobby	create a vision board	eat slowly and savor a meal
avoid procrastinating	perform a random act of kindness	blow off steam	get some exercise	watch the sunset
build a support network	go on a walk	keep your room clean	think of 3 good things in your life	spend quality time with a friend

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Bingo Card ID 014

# Mental Health Bingo

get help when you need it	write a gratitude letter	complement someone	go on a walk	maintain healthy relationships
buy a treat for yourself	take a break from social media	spend quality time with a friend	get some exercise	meditate for 10 minutes
create a vision board	think of 3 good things in your life	reward yourself	avoid procrastinating	keep your room clean
perform a random act of kindness	blow off steam	watch the sunset	create a routine	take breaks
spend time on a hobby	work on a goal	get enough sleep	eat slowly and savor a meal	build a support network

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# Mental Health Bingo

eat slowly and savor a meal	get enough sleep	keep your room clean	reward yourself	build a support network
spend quality time with a friend	watch the sunset	maintain healthy relationships	create a routine	blow off steam
meditate for 10 minutes	complement someone	take breaks	take a break from social media	spend time on a hobby
write a gratitude letter	get some exercise	create a vision board	work on a goal	avoid procrastinating
think of 3 good things in your life	buy a treat for yourself	perform a random act of kindness	go on a walk	get help when you need it

# Mental Health Bingo

blow off steam	meditate for 10 minutes	go on a walk	work on a goal	create a vision board
watch the sunset	think of 3 good things in your life	take a break from social media	write a gratitude letter	maintain healthy relationships
spend quality time with a friend	perform a random act of kindness	avoid procrastinating	keep your room clean	get help when you need it
reward yourself	spend time on a hobby	get some exercise	get enough sleep	take breaks
complement someone	eat slowly and savor a meal	build a support network	create a routine	buy a treat for yourself

# Mental Health Bingo

keep your room clean	meditate for 10 minutes	create a routine	work on a goal	write a gratitude letter
complement someone	eat slowly and savor a meal	build a support network	take breaks	get enough sleep
get help when you need it	maintain healthy relationships	avoid procrastinating	get some exercise	reward yourself
go on a walk	buy a treat for yourself	think of 3 good things in your life	perform a random act of kindness	spend quality time with a friend
spend time on a hobby	watch the sunset	blow off steam	create a vision board	take a break from social media

# Mental Health Bingo

go on a walk	build a support network	avoid procrastinating	complement someone	take a break from social media
maintain healthy relationships	spend time on a hobby	meditate for 10 minutes	perform a random act of kindness	spend quality time with a friend
watch the sunset	keep your room clean	get some exercise	get help when you need it	get enough sleep
take breaks	create a vision board	eat slowly and savor a meal	create a routine	buy a treat for yourself
blow off steam	reward yourself	think of 3 good things in your life	work on a goal	write a gratitude letter

# Mental Health Bingo

create a vision board	get some exercise	write a gratitude letter	go on a walk	get help when you need it
buy a treat for yourself	get enough sleep	complement someone	maintain healthy relationships	perform a random act of kindness
spend quality time with a friend	work on a goal	spend time on a hobby	create a routine	take breaks
reward yourself	eat slowly and savor a meal	take a break from social media	blow off steam	avoid procrastinating
keep your room clean	think of 3 good things in your life	meditate for 10 minutes	watch the sunset	build a support network

# Mental Health Bingo

maintain healthy relationships	take breaks	create a vision board	meditate for 10 minutes	avoid procrastinating
reward yourself	perform a random act of kindness	eat slowly and savor a meal	keep your room clean	build a support network
write a gratitude letter	think of 3 good things in your life	get some exercise	go on a walk	get enough sleep
take a break from social media	buy a treat for yourself	watch the sunset	work on a goal	spend quality time with a friend
blow off steam	create a routine	complement someone	get help when you need it	spend time on a hobby

# Mental Health Bingo

take breaks	perform a random act of kindness	meditate for 10 minutes	eat slowly and savor a meal	spend time on a hobby
spend quality time with a friend	keep your room clean	watch the sunset	complement someone	blow off steam
buy a treat for yourself	create a routine	work on a goal	write a gratitude letter	get help when you need it
reward yourself	take a break from social media	avoid procrastinating	maintain healthy relationships	go on a walk
create a vision board	build a support network	get some exercise	think of 3 good things in your life	get enough sleep

# Mental Health Bingo

go on a walk	avoid procrastinating	complement someone	get help when you need it	perform a random act of kindness
keep your room clean	reward yourself	build a support network	get enough sleep	blow off steam
work on a goal	take a break from social media	think of 3 good things in your life	get some exercise	spend time on a hobby
buy a treat for yourself	maintain healthy relationships	take breaks	create a routine	eat slowly and savor a meal
watch the sunset	write a gratitude letter	spend quality time with a friend	meditate for 10 minutes	create a vision board

# Mental Health Bingo

get some exercise	get help when you need it	avoid procrastinating	reward yourself	buy a treat for yourself
take breaks	work on a goal	spend quality time with a friend	watch the sunset	get enough sleep
take a break from social media	go on a walk	create a vision board	eat slowly and savor a meal	write a gratitude letter
maintain healthy relationships	think of 3 good things in your life	perform a random act of kindness	meditate for 10 minutes	complement someone
create a routine	spend time on a hobby	blow off steam	build a support network	keep your room clean

# Mental Health Bingo

think of 3 good things in your life	spend quality time with a friend	create a vision board	build a support network	get some exercise
perform a random act of kindness	meditate for 10 minutes	write a gratitude letter	watch the sunset	keep your room clean
maintain healthy relationships	eat slowly and savor a meal	complement someone	go on a walk	get enough sleep
reward yourself	avoid procrastinating	buy a treat for yourself	get help when you need it	create a routine
spend time on a hobby	take breaks	blow off steam	take a break from social media	work on a goal

# Mental Health Bingo

spend quality time with a friend	maintain healthy relationships	watch the sunset	complement someone	buy a treat for yourself
get enough sleep	go on a walk	avoid procrastinating	get help when you need it	work on a goal
get some exercise	meditate for 10 minutes	build a support network	take breaks	think of 3 good things in your life
take a break from social media	write a gratitude letter	create a routine	spend time on a hobby	perform a random act of kindness
eat slowly and savor a meal	keep your room clean	reward yourself	blow off steam	create a vision board

# Mental Health Bingo

avoid procrastinating	eat slowly and savor a meal	get help when you need it	take a break from social media	create a vision board
blow off steam	work on a goal	go on a walk	take breaks	get some exercise
complement someone	reward yourself	keep your room clean	buy a treat for yourself	perform a random act of kindness
spend quality time with a friend	think of 3 good things in your life	maintain healthy relationships	write a gratitude letter	meditate for 10 minutes
spend time on a hobby	get enough sleep	build a support network	create a routine	watch the sunset

# Mental Health Bingo

keep your room clean	eat slowly and savor a meal	work on a goal	watch the sunset	maintain healthy relationships
take breaks	blow off steam	avoid procrastinating	write a gratitude letter	think of 3 good things in your life
complement someone	spend quality time with a friend	go on a walk	buy a treat for yourself	spend time on a hobby
get enough sleep	perform a random act of kindness	meditate for 10 minutes	get help when you need it	get some exercise
build a support network	reward yourself	take a break from social media	create a routine	create a vision board

# Mental Health Bingo

get some exercise	spend time on a hobby	work on a goal	reward yourself	create a vision board
take breaks	think of 3 good things in your life	watch the sunset	avoid procrastinating	meditate for 10 minutes
buy a treat for yourself	spend quality time with a friend	take a break from social media	get help when you need it	get enough sleep
complement someone	build a support network	eat slowly and savor a meal	create a routine	maintain healthy relationships
write a gratitude letter	perform a random act of kindness	blow off steam	go on a walk	keep your room clean



# Mental Health Bingo

get some exercise	build a support network	think of 3 good things in your life	avoid procrastinating	complement someone
eat slowly and savor a meal	blow off steam	buy a treat for yourself	go on a walk	get enough sleep
maintain healthy relationships	meditate for 10 minutes	write a gratitude letter	watch the sunset	create a vision board
spend quality time with a friend	take a break from social media	take breaks	create a routine	work on a goal
perform a random act of kindness	reward yourself	spend time on a hobby	get help when you need it	keep your room clean

# Mental Health Bingo

perform a random act of kindness	eat slowly and savor a meal	blow off steam	create a vision board	watch the sunset
create a routine	meditate for 10 minutes	take breaks	get some exercise	work on a goal
spend time on a hobby	maintain healthy relationships	keep your room clean	complement someone	build a support network
go on a walk	take a break from social media	spend quality time with a friend	get help when you need it	buy a treat for yourself
avoid procrastinating	think of 3 good things in your life	reward yourself	get enough sleep	write a gratitude letter