

# Self-esteem 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/rv46r](https://mfbc.us/e/rv46r)

## 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/rv46r](https://mfbc.us/s/rv46r)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/rv46r](https://mfbc.us/e/rv46r)

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>Share a characteristic you admire in others</b>	<b>Describe something someone could do to make you happy</b>	<b>Share a happy event in your life</b>	<b>Name something positive you've done for somebody else recently</b>	<b>Name something that scares you that you would like to overcome</b>	<b>Give a compliment to the person 2nd to your right</b>
<b>Share the greatest compliment you've ever received</b>	<b>Share something you would like to do but haven't yet</b>	<b>Talk about three things you are grateful for</b>	<b>What is your favourite quality</b>	<b>What do you do to feel calmer when you're stressed</b>	<b>I feel best when people...</b>
<b>Give the person opposite you a compliment</b>	<b>My favourite time of the day is...</b>	<b>Name something I can start doing to take more care of myself</b>	<b>I am happiest when I...</b>		

# Self-esteem bingo

Give the person opposite you a compliment	My favourite time of the day is...	Share the greatest compliment you've ever received	What is your favourite quality
Share a happy event in your life	What do you do to feel calmer when you're stressed	I feel best when people...	Give a compliment to the person 2nd to your right
Name something I can start doing to take more care of myself	Name something that scares you that you would like to overcome	Describe something someone could do to make you happy	Share something you would like to do but haven't yet
Name something positive you've done for somebody else recently	Share a characteristic you admire in others	I am happiest when I...	Talk about three things you are grateful for

# Self-esteem bingo

Talk about three things you are grateful for	Name something that scares you that you would like to overcome	Share a happy event in your life	Name something I can start doing to take more care of myself
My favourite time of the day is...	I am happiest when I...	Share a characteristic you admire in others	Give a compliment to the person 2nd to your right
Give the person opposite you a compliment	I feel best when people...	Share something you would like to do but haven't yet	Describe something someone could do to make you happy
Name something positive you've done for somebody else recently	Share the greatest compliment you've ever received	What is your favourite quality	What do you do to feel calmer when you're stressed

# Self-esteem bingo

What do you do to feel calmer when you're stressed	Share a characteristic you admire in others	Share something you would like to do but haven't yet	My favourite time of the day is...
Give the person opposite you a compliment	Name something I can start doing to take more care of myself	Talk about three things you are grateful for	Give a compliment to the person 2nd to your right
Name something positive you've done for somebody else recently	Describe something someone could do to make you happy	Name something that scares you that you would like to overcome	What is your favourite quality
Share the greatest compliment you've ever received	I am happiest when I...	I feel best when people...	Share a happy event in your life

# Self-esteem bingo

Share the greatest compliment you've ever received	I feel best when people...	Talk about three things you are grateful for	Give a compliment to the person 2nd to your right
What do you do to feel calmer when you're stressed	What is your favourite quality	Name something I can start doing to take more care of myself	I am happiest when I...
My favourite time of the day is...	Name something that scares you that you would like to overcome	Share a characteristic you admire in others	Share a happy event in your life
Give the person opposite you a compliment	Describe something someone could do to make you happy	Share something you would like to do but haven't yet	Name something positive you've done for somebody else recently

# Self-esteem bingo

Share the greatest compliment you've ever received	<b>I feel best when people...</b>	Describe something someone could do to make you happy	Name something I can start doing to take more care of myself
Name something that scares you that you would like to overcome	Give a compliment to the person 2nd to your right	Give the person opposite you a compliment	<b>Share a happy event in your life</b>
Share something you would like to do but haven't yet	<b>I am happiest when I...</b>	<b>My favourite time of the day is...</b>	Share a characteristic you admire in others
What do you do to feel calmer when you're stressed	Name something positive you've done for somebody else recently	Talk about three things you are grateful for	<b>What is your favourite quality</b>

# Self-esteem bingo

Share the greatest compliment you've ever received	Give the person opposite you a compliment	<b>I am happiest when I...</b>	<b>My favourite time of the day is...</b>
Name something I can start doing to take more care of myself	Talk about three things you are grateful for	What do you do to feel calmer when you're stressed	Describe something someone could do to make you happy
Share something you would like to do but haven't yet	<b>What is your favourite quality</b>	Name something that scares you that you would like to overcome	<b>I feel best when people...</b>
Share a characteristic you admire in others	<b>Share a happy event in your life</b>	Give a compliment to the person 2nd to your right	Name something positive you've done for somebody else recently

# Self-esteem bingo

<b>I am happiest when I...</b>	<b>What is your favourite quality</b>	Name something positive you've done for somebody else recently	<b>My favourite time of the day is...</b>
Share something you would like to do but haven't yet	Give a compliment to the person 2nd to your right	Name something I can start doing to take more care of myself	<b>Share a happy event in your life</b>
<b>What do you do to feel calmer when you're stressed</b>	Share the greatest compliment you've ever received	Share a characteristic you admire in others	Talk about three things you are grateful for
Describe something someone could do to make you happy	Give the person opposite you a compliment	<b>I feel best when people...</b>	Name something that scares you that you would like to overcome

# Self-esteem bingo

<b>Share a happy event in your life</b>	Name something that scares you that you would like to overcome	Describe something someone could do to make you happy	<b>I am happiest when I...</b>
Give a compliment to the person 2nd to your right	Share the greatest compliment you've ever received	<b>I feel best when people...</b>	What do you do to feel calmer when you're stressed
Give the person opposite you a compliment	<b>My favourite time of the day is...</b>	Name something I can start doing to take more care of myself	Share something you would like to do but haven't yet
<b>What is your favourite quality</b>	Name something positive you've done for somebody else recently	Share a characteristic you admire in others	Talk about three things you are grateful for

# Self-esteem bingo

Name something that scares you that you would like to overcome	Share a characteristic you admire in others	Talk about three things you are grateful for	Give a compliment to the person 2nd to your right
I feel best when people...	My favourite time of the day is...	Share something you would like to do but haven't yet	Share the greatest compliment you've ever received
What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself	Name something positive you've done for somebody else recently	I am happiest when I...
What is your favourite quality	Share a happy event in your life	Describe something someone could do to make you happy	Give the person opposite you a compliment

# Self-esteem bingo

What is your favourite quality	Give the person opposite you a compliment	I am happiest when I...	Name something positive you've done for somebody else recently
Name something I can start doing to take more care of myself	Give a compliment to the person 2nd to your right	Describe something someone could do to make you happy	Talk about three things you are grateful for
Share a characteristic you admire in others	Share something you would like to do but haven't yet	Share the greatest compliment you've ever received	I feel best when people...
Share a happy event in your life	My favourite time of the day is...	Name something that scares you that you would like to overcome	What do you do to feel calmer when you're stressed

Bingo Card ID 011

# Self-esteem bingo

Give the person opposite you a compliment	Give a compliment to the person 2nd to your right	My favourite time of the day is...	What do you do to feel calmer when you're stressed
Name something that scares you that you would like to overcome	Name something positive you've done for somebody else recently	Share the greatest compliment you've ever received	Talk about three things you are grateful for
Share something you would like to do but haven't yet	What is your favourite quality	I am happiest when I...	Describe something someone could do to make you happy
I feel best when people...	Name something I can start doing to take more care of myself	Share a happy event in your life	Share a characteristic you admire in others

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Bingo Card ID 012

# Self-esteem bingo

What do you do to feel calmer when you're stressed	Name something positive you've done for somebody else recently	Name something I can start doing to take more care of myself	Give the person opposite you a compliment
Share a characteristic you admire in others	Talk about three things you are grateful for	Share a happy event in your life	My favourite time of the day is...
Share something you would like to do but haven't yet	Give a compliment to the person 2nd to your right	Share the greatest compliment you've ever received	Describe something someone could do to make you happy
I am happiest when I...	Name something that scares you that you would like to overcome	I feel best when people...	What is your favourite quality

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Bingo Card ID 013

# Self-esteem bingo

Name something that scares you that you would like to overcome	I feel best when people...	Share a characteristic you admire in others	Talk about three things you are grateful for
I am happiest when I...	My favourite time of the day is...	What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself
Name something positive you've done for somebody else recently	Describe something someone could do to make you happy	Give a compliment to the person 2nd to your right	What is your favourite quality
Give the person opposite you a compliment	Share a happy event in your life	Share something you would like to do but haven't yet	Share the greatest compliment you've ever received

Bingo Card ID 014

# Self-esteem bingo

Share a characteristic you admire in others	I feel best when people...	Share something you would like to do but haven't yet	I am happiest when I...
Talk about three things you are grateful for	Share a happy event in your life	What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself
Describe something someone could do to make you happy	Share the greatest compliment you've ever received	What is your favourite quality	Give a compliment to the person 2nd to your right
My favourite time of the day is...	Give the person opposite you a compliment	Name something positive you've done for somebody else recently	Name something that scares you that you would like to overcome

Bingo Card ID 015

# Self-esteem bingo

Name something positive you've done for somebody else recently	Name something that scares you that you would like to overcome	Share the greatest compliment you've ever received	Give the person opposite you a compliment
Talk about three things you are grateful for	Give a compliment to the person 2nd to your right	My favourite time of the day is...	What do you do to feel calmer when you're stressed
I feel best when people...	Share a happy event in your life	Name something I can start doing to take more care of myself	Describe something someone could do to make you happy
I am happiest when I...	Share a characteristic you admire in others	Share something you would like to do but haven't yet	What is your favourite quality

Bingo Card ID 016

# Self-esteem bingo

Give a compliment to the person 2nd to your right	Share something you would like to do but haven't yet	What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself
Talk about three things you are grateful for	Describe something someone could do to make you happy	What is your favourite quality	Share the greatest compliment you've ever received
Share a characteristic you admire in others	Share a happy event in your life	Name something that scares you that you would like to overcome	I feel best when people...
Give the person opposite you a compliment	Name something positive you've done for somebody else recently	I am happiest when I...	My favourite time of the day is...

# Self-esteem bingo

What do you do to feel calmer when you're stressed	Share the greatest compliment you've ever received	I feel best when people...	My favourite time of the day is...
Give the person opposite you a compliment	Name something positive you've done for somebody else recently	Name something that scares you that you would like to overcome	Share a characteristic you admire in others
Describe something someone could do to make you happy	Share a happy event in your life	Talk about three things you are grateful for	Share something you would like to do but haven't yet
I am happiest when I...	What is your favourite quality	Give a compliment to the person 2nd to your right	Name something I can start doing to take more care of myself

# Self-esteem bingo

Give the person opposite you a compliment	Share something you would like to do but haven't yet	Describe something someone could do to make you happy	I feel best when people...
Talk about three things you are grateful for	What do you do to feel calmer when you're stressed	What is your favourite quality	Share the greatest compliment you've ever received
Name something that scares you that you would like to overcome	Share a characteristic you admire in others	Share a happy event in your life	Name something I can start doing to take more care of myself
My favourite time of the day is...	Name something positive you've done for somebody else recently	I am happiest when I...	Give a compliment to the person 2nd to your right

# Self-esteem bingo

Share a happy event in your life	Name something I can start doing to take more care of myself	I am happiest when I...	Share a characteristic you admire in others
Share something you would like to do but haven't yet	Name something that scares you that you would like to overcome	I feel best when people...	Talk about three things you are grateful for
What is your favourite quality	My favourite time of the day is...	Give a compliment to the person 2nd to your right	Name something positive you've done for somebody else recently
Describe something someone could do to make you happy	Share the greatest compliment you've ever received	What do you do to feel calmer when you're stressed	Give the person opposite you a compliment

# Self-esteem bingo

Name something I can start doing to take more care of myself	Talk about three things you are grateful for	What do you do to feel calmer when you're stressed	Describe something someone could do to make you happy
Name something positive you've done for somebody else recently	What is your favourite quality	Give the person opposite you a compliment	Share the greatest compliment you've ever received
Name something that scares you that you would like to overcome	Share a happy event in your life	Share something you would like to do but haven't yet	I am happiest when I...
Give a compliment to the person 2nd to your right	My favourite time of the day is...	I feel best when people...	Share a characteristic you admire in others

# Self-esteem bingo

What is your favourite quality	What do you do to feel calmer when you're stressed	Name something positive you've done for somebody else recently	Share the greatest compliment you've ever received
Give a compliment to the person 2nd to your right	I feel best when people...	I am happiest when I...	My favourite time of the day is...
Share a characteristic you admire in others	Describe something someone could do to make you happy	Give the person opposite you a compliment	Name something I can start doing to take more care of myself
Share something you would like to do but haven't yet	Talk about three things you are grateful for	Share a happy event in your life	Name something that scares you that you would like to overcome

# Self-esteem bingo

Share something you would like to do but haven't yet	Describe something someone could do to make you happy	I feel best when people...	Share a characteristic you admire in others
Share the greatest compliment you've ever received	What is your favourite quality	Give the person opposite you a compliment	Give a compliment to the person 2nd to your right
Name something that scares you that you would like to overcome	Share a happy event in your life	I am happiest when I...	Talk about three things you are grateful for
My favourite time of the day is...	Name something positive you've done for somebody else recently	What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself

# Self-esteem bingo

<b>Share a happy event in your life</b>	Share a characteristic you admire in others	Describe something someone could do to make you happy	<b>I am happiest when I...</b>
Name something that scares you that you would like to overcome	Share something you would like to do but haven't yet	Name something I can start doing to take more care of myself	Name something positive you've done for somebody else recently
Talk about three things you are grateful for	<b>What is your favourite quality</b>	<b>I feel best when people...</b>	What do you do to feel calmer when you're stressed
<b>My favourite time of the day is...</b>	Give a compliment to the person 2nd to your right	Give the person opposite you a compliment	Share the greatest compliment you've ever received

# Self-esteem bingo

Name something I can start doing to take more care of myself	Give the person opposite you a compliment	<b>Share a happy event in your life</b>	What do you do to feel calmer when you're stressed
<b>What is your favourite quality</b>	Share the greatest compliment you've ever received	<b>I feel best when people...</b>	Name something positive you've done for somebody else recently
Talk about three things you are grateful for	Name something that scares you that you would like to overcome	Share something you would like to do but haven't yet	Describe something someone could do to make you happy
<b>I am happiest when I...</b>	<b>My favourite time of the day is...</b>	Share a characteristic you admire in others	Give a compliment to the person 2nd to your right

# Self-esteem bingo

Talk about three things you are grateful for	I feel best when people...	I am happiest when I...	Name something that scares you that you would like to overcome
Share something you would like to do but haven't yet	Describe something someone could do to make you happy	Share a characteristic you admire in others	Share a happy event in your life
What do you do to feel calmer when you're stressed	Give the person opposite you a compliment	My favourite time of the day is...	Name something positive you've done for somebody else recently
Share the greatest compliment you've ever received	What is your favourite quality	Give a compliment to the person 2nd to your right	Name something I can start doing to take more care of myself

# Self-esteem bingo

Describe something someone could do to make you happy	Name something positive you've done for somebody else recently	Share a characteristic you admire in others	Name something I can start doing to take more care of myself
Give a compliment to the person 2nd to your right	Share something you would like to do but haven't yet	Share a happy event in your life	I feel best when people...
I am happiest when I...	Share the greatest compliment you've ever received	What is your favourite quality	Talk about three things you are grateful for
What do you do to feel calmer when you're stressed	Give the person opposite you a compliment	Name something that scares you that you would like to overcome	My favourite time of the day is...

# Self-esteem bingo

Share the greatest compliment you've ever received	Name something positive you've done for somebody else recently	Talk about three things you are grateful for	Describe something someone could do to make you happy
Give a compliment to the person 2nd to your right	I feel best when people...	Share something you would like to do but haven't yet	I am happiest when I...
Name something that scares you that you would like to overcome	What do you do to feel calmer when you're stressed	What is your favourite quality	Share a characteristic you admire in others
Share a happy event in your life	Give the person opposite you a compliment	My favourite time of the day is...	Name something I can start doing to take more care of myself

# Self-esteem bingo

Share a happy event in your life	Name something I can start doing to take more care of myself	Describe something someone could do to make you happy	I am happiest when I...
What do you do to feel calmer when you're stressed	Give the person opposite you a compliment	I feel best when people...	Name something that scares you that you would like to overcome
Share a characteristic you admire in others	My favourite time of the day is...	Name something positive you've done for somebody else recently	Talk about three things you are grateful for
Give a compliment to the person 2nd to your right	Share something you would like to do but haven't yet	What is your favourite quality	Share the greatest compliment you've ever received

# Self-esteem bingo

Share a happy event in your life	Give the person opposite you a compliment	Describe something someone could do to make you happy	I feel best when people...
Name something positive you've done for somebody else recently	Give a compliment to the person 2nd to your right	I am happiest when I...	Share something you would like to do but haven't yet
Name something that scares you that you would like to overcome	Talk about three things you are grateful for	What do you do to feel calmer when you're stressed	Name something I can start doing to take more care of myself
My favourite time of the day is...	What is your favourite quality	Share a characteristic you admire in others	Share the greatest compliment you've ever received

# Self-esteem bingo

Name something positive you've done for somebody else recently	What is your favourite quality	Give a compliment to the person 2nd to your right	Name something I can start doing to take more care of myself
My favourite time of the day is...	What do you do to feel calmer when you're stressed	Share a happy event in your life	I feel best when people...
Share the greatest compliment you've ever received	Talk about three things you are grateful for	Give the person opposite you a compliment	Share something you would like to do but haven't yet
I am happiest when I...	Share a characteristic you admire in others	Describe something someone could do to make you happy	Name something that scares you that you would like to overcome