

Anger 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/ukvcm2

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/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/ukvcm2

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/ukvcm2

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.

Use Deep Breathing	Apologize for Mistakes	Forgive Others	Use I Messages	Problem Solve	What are 2 ways you deal with angry feelings
How does your body feel when you get angry	Draw or Journal	Use Positive Self Talk	Recognize anger triggers	Count Down	Get Away
Find a Calming Place	Practice Listening	Empathize with others	Compromise		

Anger

Count Down	Find a Calming Place	Use Deep Breathing	What are 2 ways you deal with angry feelings
Problem Solve	Use Positive Self Talk	Empathize with others	Compromise
Forgive Others	How does your body feel when you get angry	HAPPY PLACE	Apologize for Mistakes
Recognize anger triggers	Get Away	Practice Listening	Draw or Journal

Anger

Use I Messages	How does your body feel when you get angry	Problem Solve	Forgive Others
Find a Calming Place	Draw or Journal	Practice Listening	Compromise
Count Down	HAPPY PLACE	Empathize with others	Recognize anger triggers
Apologize for Mistakes	Get Away	Use Deep Breathing	What are 2 ways you deal with angry feelings

Anger

Use Positive Self Talk	Practice Listening	Recognize anger triggers	Find a Calming Place
Count Down	Forgive Others	HAPPY PLACE	Use I Messages
Compromise	Get Away	Apologize for Mistakes	How does your body feel when you get angry
What are 2 ways you deal with angry feelings	Use Deep Breathing	Draw or Journal	Empathize with others

Anger

Use Deep Breathing	Empathize with others	Use I Messages	Compromise
Use Positive Self Talk	HAPPY PLACE	What are 2 ways you deal with angry feelings	Forgive Others
Draw or Journal	Find a Calming Place	How does your body feel when you get angry	Practice Listening
Problem Solve	Count Down	Apologize for Mistakes	Recognize anger triggers

Anger

Use Deep Breathing	Empathize with others	Apologize for Mistakes	Forgive Others
How does your body feel when you get angry	Compromise	Count Down	Problem Solve
Recognize anger triggers	HAPPY PLACE	Draw or Journal	Find a Calming Place
Practice Listening	Use Positive Self Talk	Get Away	Use I Messages

Anger

Use Deep Breathing	Count Down	Draw or Journal	Find a Calming Place
Forgive Others	Use I Messages	Use Positive Self Talk	Apologize for Mistakes
Recognize anger triggers	What are 2 ways you deal with angry feelings	HAPPY PLACE	How does your body feel when you get angry
Empathize with others	Practice Listening	Problem Solve	Compromise

Anger

Draw or Journal	What are 2 ways you deal with angry feelings	Get Away	Find a Calming Place
Recognize anger triggers	HAPPY PLACE	Compromise	Forgive Others
Problem Solve	Use Positive Self Talk	Use Deep Breathing	Practice Listening
Use I Messages	Apologize for Mistakes	Count Down	Empathize with others

Anger

Problem Solve	How does your body feel when you get angry	Apologize for Mistakes	Draw or Journal
Compromise	Use Deep Breathing	HAPPY PLACE	Empathize with others
Use Positive Self Talk	Count Down	Find a Calming Place	Forgive Others
Recognize anger triggers	What are 2 ways you deal with angry feelings	Get Away	Practice Listening

Anger

How does your body feel when you get angry	Practice Listening	Use I Messages	Compromise
Empathize with others	Find a Calming Place	Recognize anger triggers	Use Deep Breathing
Use Positive Self Talk	HAPPY PLACE	Forgive Others	Get Away
Draw or Journal	What are 2 ways you deal with angry feelings	Problem Solve	Apologize for Mistakes

Anger

What are 2 ways you deal with angry feelings	Count Down	Draw or Journal	Get Away
Forgive Others	Compromise	Apologize for Mistakes	Use I Messages
Practice Listening	HAPPY PLACE	Recognize anger triggers	Use Deep Breathing
Empathize with others	Problem Solve	Find a Calming Place	How does your body feel when you get angry

Anger

Count Down	Compromise	Find a Calming Place	Use Positive Self Talk
How does your body feel when you get angry	Get Away	Use Deep Breathing	Use I Messages
Recognize anger triggers	HAPPY PLACE	What are 2 ways you deal with angry feelings	Draw or Journal
Apologize for Mistakes	Empathize with others	Forgive Others	Problem Solve

Anger

Use Positive Self Talk	Get Away	Forgive Others	Count Down
Practice Listening	Use I Messages	Problem Solve	Find a Calming Place
Recognize anger triggers	Compromise	HAPPY PLACE	Use Deep Breathing
Apologize for Mistakes	Draw or Journal	How does your body feel when you get angry	Empathize with others

Anger

How does your body feel when you get angry	Empathize with others	Practice Listening	Use I Messages
Draw or Journal	Find a Calming Place	Use Positive Self Talk	Forgive Others
Get Away	Apologize for Mistakes	HAPPY PLACE	Compromise
What are 2 ways you deal with angry feelings	Count Down	Problem Solve	Recognize anger triggers

Anger

Practice Listening	Empathize with others	Recognize anger triggers	Draw or Journal
Use I Messages	Problem Solve	Use Positive Self Talk	Forgive Others
Apologize for Mistakes	HAPPY PLACE	Use Deep Breathing	What are 2 ways you deal with angry feelings
Compromise	Find a Calming Place	Count Down	Get Away

Anger

Get Away	How does your body feel when you get angry	Use Deep Breathing	Count Down
Use I Messages	Compromise	HAPPY PLACE	Find a Calming Place
Use Positive Self Talk	Empathize with others	Problem Solve	Forgive Others
Apologize for Mistakes	Draw or Journal	Practice Listening	Recognize anger triggers

Anger

Compromise	Recognize anger triggers	Use Positive Self Talk	Forgive Others
Use I Messages	Apologize for Mistakes	What are 2 ways you deal with angry feelings	Use Deep Breathing
Practice Listening	HAPPY PLACE	Problem Solve	How does your body feel when you get angry
Empathize with others	Count Down	Get Away	Draw or Journal

Anger

Use Positive Self Talk	Use Deep Breathing	Empathize with others	Find a Calming Place
Count Down	Get Away	How does your body feel when you get angry	Practice Listening
Apologize for Mistakes	HAPPY PLACE	Problem Solve	Use I Messages
Recognize anger triggers	Draw or Journal	What are 2 ways you deal with angry feelings	Compromise

Anger

Count Down	Recognize anger triggers	Apologize for Mistakes	Empathize with others
Use I Messages	Use Positive Self Talk	What are 2 ways you deal with angry feelings	Use Deep Breathing
How does your body feel when you get angry	Practice Listening	HAPPY PLACE	Problem Solve
Forgive Others	Find a Calming Place	Get Away	Draw or Journal

Anger

Problem Solve	Forgive Others	Draw or Journal	Practice Listening
Recognize anger triggers	HAPPY PLACE	How does your body feel when you get angry	Empathize with others
Use I Messages	What are 2 ways you deal with angry feelings	Find a Calming Place	Compromise
Get Away	Apologize for Mistakes	Use Deep Breathing	Use Positive Self Talk

Anger

Forgive Others	Use I Messages	Use Positive Self Talk	Apologize for Mistakes
Get Away	What are 2 ways you deal with angry feelings	HAPPY PLACE	Count Down
Use Deep Breathing	How does your body feel when you get angry	Problem Solve	Recognize anger triggers
Draw or Journal	Compromise	Find a Calming Place	Empathize with others

Anger

What are 2 ways you deal with angry feelings	Use Positive Self Talk	Get Away	Use Deep Breathing
Compromise	HAPPY PLACE	Empathize with others	Draw or Journal
Find a Calming Place	Practice Listening	Apologize for Mistakes	Count Down
Forgive Others	Recognize anger triggers	Use I Messages	Problem Solve

Anger

Recognize anger triggers	Apologize for Mistakes	Empathize with others	Practice Listening
Use Deep Breathing	HAPPY PLACE	What are 2 ways you deal with angry feelings	Count Down
Compromise	How does your body feel when you get angry	Problem Solve	Draw or Journal
Use I Messages	Find a Calming Place	Get Away	Use Positive Self Talk

Anger

Problem Solve	Practice Listening	Apologize for Mistakes	Draw or Journal
How does your body feel when you get angry	Recognize anger triggers	Forgive Others	Get Away
Use I Messages	HAPPY PLACE	What are 2 ways you deal with angry feelings	Empathize with others
Use Positive Self Talk	Find a Calming Place	Compromise	Count Down

Anger

Forgive Others	Count Down	Problem Solve	Use Positive Self Talk
What are 2 ways you deal with angry feelings	Use Deep Breathing	Empathize with others	Get Away
Use I Messages	How does your body feel when you get angry	HAPPY PLACE	Recognize anger triggers
Apologize for Mistakes	Draw or Journal	Find a Calming Place	Practice Listening

Anger

Use I Messages	Empathize with others	Draw or Journal	How does your body feel when you get angry
Recognize anger triggers	HAPPY PLACE	Apologize for Mistakes	Practice Listening
Problem Solve	Use Positive Self Talk	Count Down	Find a Calming Place
Get Away	Use Deep Breathing	What are 2 ways you deal with angry feelings	Compromise

Anger

Apologize for Mistakes	Get Away	Practice Listening	Forgive Others
Compromise	HAPPY PLACE	Recognize anger triggers	Problem Solve
Empathize with others	Draw or Journal	Use Deep Breathing	What are 2 ways you deal with angry feelings
Use I Messages	Use Positive Self Talk	Count Down	How does your body feel when you get angry

Anger

Use Deep Breathing	Get Away	Use I Messages	Apologize for Mistakes
Compromise	HAPPY PLACE	Empathize with others	Recognize anger triggers
Draw or Journal	How does your body feel when you get angry	Use Positive Self Talk	What are 2 ways you deal with angry feelings
Practice Listening	Problem Solve	Count Down	Find a Calming Place

Anger

Problem Solve	Forgive Others	Apologize for Mistakes	Draw or Journal
Use Positive Self Talk	Count Down	Empathize with others	How does your body feel when you get angry
Practice Listening	HAPPY PLACE	Find a Calming Place	Get Away
Use I Messages	Compromise	Recognize anger triggers	What are 2 ways you deal with angry feelings

Anger

Problem Solve	Count Down	Apologize for Mistakes	Empathize with others
Get Away	Compromise	HAPPY PLACE	Draw or Journal
Recognize anger triggers	How does your body feel when you get angry	Use I Messages	Use Positive Self Talk
Forgive Others	Find a Calming Place	What are 2 ways you deal with angry feelings	Practice Listening

Anger

Get Away	What are 2 ways you deal with angry feelings	Compromise	Forgive Others
Find a Calming Place	Use Positive Self Talk	HAPPY PLACE	Problem Solve
Empathize with others	Use Deep Breathing	Use I Messages	Count Down
Recognize anger triggers	Draw or Journal	Practice Listening	Apologize for Mistakes