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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/wrumk7v

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 <u>myfreebingocards.com/virtual-bingo</u>.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <u>https://myfreebingocards.com/faq</u> 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/wrumk7v

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/wrumk7v

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 <u>myfreebingocards.com/terms</u>.

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.

knee	tummy	chest	wrist	reach	arm	neck
extension	twists	stretch	circles	& bend	raise	stretch
leg lifts	heel raises	marching	shoulder rolls	elbow to knee	free	arm reach
ankle	sit &	bird	balancing	chest	shoulder	shin
circles	reach	wings	toe taps	press	flex	strengthener
elbow press	arm circles	arm curls	knees out			

/	reach & bend	arm curls	heel raises	balancing toe taps	leg lifts		
	elbow to knee	marching	shin strengthener	knees out	arm reach		
	shoulder flex	bird wings	sit & reach	arm circles	tummy twists		
	chest stretch	ankle circles	free	wrist circles	elbow press		
	chest press	arm raise	neck stretch	knee extension	shoulder rolls		
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Bingo Card ID 002

shin strengthener	knee extension	marching	reach & bend	chest stretch
elbow	bird	neck	shoulder	balancing
to knee	wings	stretch	flex	toe taps
tummy twists	elbow press	arm raise	arm circles	free
arm	arm	sit &	ankle	heel
reach	curls	reach	circles	raises
leg	chest	shoulder	knees	wrist
lifts	press	rolls	out	circles
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/	neck stretch	knees out	shin strengthener	elbow press	free	
	shoulder rolls	balancing toe taps	wrist circles	arm curls	sit & reach	
	bird wings	knee extension	reach & bend	arm circles	marching	
	chest press	shoulder flex	ankle circles	chest stretch	tummy twists	
	leg lifts	heel raises	elbow to knee	arm reach	arm raise	
				myfreebing	jocards.com	

Bingo Card ID 004

sit &	heel	shoulder	arm	knee
reach	raises	flex	reach	extension
arm	knees	leg	tummy	shin
circles	out	lifts	twists	strengthener
reach &	neck	wrist	bird	arm
bend	stretch	circles	wings	raise
elbow	chest	balancing	shoulder	elbow
press	stretch	toe taps	rolls	to knee
marching	arm curls	free	ankle circles	chest press
			myfreebing	

heel raises	arm reach	sit & reach	bird wings	ankle circles		
chest stretch	shin strengthener	marching	arm circles	shoulder rolls		
wrist circles	arm curls	tummy twists	elbow to knee	free		
balancing toe taps	arm raise	knees out	elbow press	reach & bend		
chest press	shoulder flex	neck stretch	knee extension	leg lifts		
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Bingo Card ID 006

heel	arm	reach &	balancing	wrist
raises	curls	bend	toe taps	circles
arm raise	marching	bird wings	knee extension	shin strengthener
knees out	ankle circles	neck stretch	leg lifts	free
chest	shoulder	sit &	tummy	elbow
stretch	flex	reach	twists	to knee
elbow	shoulder	arm	arm	chest
press	rolls	reach	circles	press
			myfreebing	

tummy twists	arm raise	leg lifts	shoulder flex	wrist circles	
chest press	shin strengthener	marching	balancing toe taps	free	
bird wings	neck stretch	elbow to knee	arm circles	knees out	
heel raises	knee extension	elbow press	ankle circles	sit & reach	
reach & bend	chest stretch	arm reach	shoulder rolls	arm curls	
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tummy	reach &	chest	elbow	ankle
twists	bend	stretch	to knee	circles
arm	sit &	arm	heel	arm
raise	reach	circles	raises	reach
shin	neck	knees	bird	balancing
strengthener	stretch	out	wings	toe taps
shoulder rolls	arm curls	wrist circles	free	leg lifts
elbow press	chest press	marching	knee extension	shoulder flex
			myfreebing	

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ankle circles	shin strengthener	arm curls	wrist circles	sit & reach		
shoulder rolls	chest press	leg lifts	arm raise	elbow to knee		
neck stretch	knees out	tummy twists	bird wings	marching		
heel raises	arm reach	balancing toe taps	free	reach & bend		
chest stretch	elbow press	knee extension	shoulder flex	arm circles		

sit &	shoulder	leg	arm	arm
reach	flex	lifts	curls	raise
marching	chest press	bird wings	arm circles	ankle circles
knee	wrist	reach &	elbow	shin
extension	circles	bend	press	strengthener
free	tummy twists	heel raises	shoulder rolls	arm reach
elbow	neck	chest	balancing	knees
to knee	stretch	stretch	toe taps	out
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/	arm curls	shoulder rolls	reach & bend	arm circles	balancing toe taps	
	knees out	chest stretch	heel raises	knee extension	shin strengthener	
	chest press	tummy twists	leg lifts	wrist circles	free	
	marching	neck stretch	shoulder flex	arm raise	sit & reach	
	ankle circles	bird wings	arm reach	elbow to knee	elbow press	
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Bingo Card ID 012

marching	chest press	knees out	arm curls	bird wings
elbow	knee	elbow	shoulder	balancing
press	extension	to knee	rolls	toe taps
free	shin strengthener	arm circles	wrist circles	tummy twists
heel	sit &	reach &	chest	arm
raises	reach	bend	stretch	raise
ankle	neck	leg	shoulder	arm
circles	stretch	lifts	flex	reach
			myfreebing	

1	shin strengthener	wrist circles	arm reach	chest stretch	elbow press	
	knee extension	arm raise	balancing toe taps	tummy twists	knees out	
	marching	shoulder flex	reach & bend	bird wings	chest press	
	ankle circles	leg lifts	arm circles	elbow to knee	sit & reach	
	arm curls	free	heel raises	shoulder rolls	neck stretch	
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elbow press	wrist circles	arm reach	free	knee extension
arm	shin	neck	elbow	knees
raise	strengthener	stretch	to knee	out
bird wings	shoulder rolls	marching	ankle circles	heel raises
leg	arm	sit &	balancing	shoulder
lifts	circles	reach	toe taps	flex
reach &	tummy	chest	chest	arm
bend	twists	stretch	press	curls
			myfreebing	

	chest press	chest stretch	heel raises	marching	arm curls	
	neck stretch	sit & reach	knee extension	balancing toe taps	arm circles	
	knees out	arm reach	shoulder flex	shin strengthener	reach & bend	
	wrist circles	elbow to knee	bird wings	tummy twists	ankle circles	
	shoulder rolls	arm raise	leg lifts	free	elbow press	
~				myfreebing	jocards.com	

Bingo Card ID 016

arm circles	knees out	free	tummy twists	bird wings
sit &	shoulder	shin	wrist	knee
reach	rolls	strengthener	circles	extension
neck	leg	ankle	heel	elbow
stretch	lifts	circles	raises	press
marching	reach & bend	elbow to knee	chest stretch	shoulder flex
arm	chest	arm	balancing	arm
reach	press	curls	toe taps	raise
			myfreebing	

reach & bend	reach	arm circles	wings	shin strengthener	
waaala Q	sit &	0 15 100	bird		
free	arm raise	shoulder rolls	leg lifts	neck stretch	
elbow press	knee extension	ankle circles	elbow to knee	marching	
arm reach	chest press	arm curls	shoulder flex	chest stretch	
heel raises	knees out	balancing toe taps	tummy twists	wrist circles	

Bingo Card ID 018

free	arm curls	ankle circles	arm reach	shin strengthener	
knee extension	reach & bend	knees out	leg lifts	neck stretch	
sit & reach	heel raises	elbow to knee	elbow press	chest stretch	
shoulder flex	bird wings	chest press	balancing toe taps	arm raise	
arm circles	marching	shoulder rolls	tummy twists	wrist circles	
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	heel raises	shoulder rolls	knees out	sit & reach	arm curls	
	marching	chest press	shin strengthener	arm circles	ankle circles	
	neck stretch	tummy twists	reach & bend	balancing toe taps	shoulder flex	
	arm raise	chest stretch	arm reach	knee extension	leg lifts	
/	bird wings	elbow to knee	wrist circles	free	elbow press	

Bingo Card ID 020

knee	shoulder	bird	knees	ankle
extension	flex	wings	out	circles
marching	leg lifts	chest press	heel raises	arm curls
wrist circles	shoulder rolls	elbow to knee	free	chest stretch
shin	arm	sit &	tummy	neck
strengthener	raise	reach	twists	stretch
arm	balancing	arm	elbow	reach
circles	toe taps	reach	press	& bend
			myfreebing	

shoulder flex	leg lifts	knees out	chest press	reach & bend	
neck stretch	heel raises	sit & reach	arm reach	arm circles	
arm raise	balancing toe taps	tummy twists	wrist circles	elbow press	
marching	shin strengthener	ankle circles	knee extension	free	
bird wings	arm curls	elbow to knee	shoulder rolls	chest stretch	
			myfreebing	jocards.com	

Bingo Card ID 022

/	free	ankle circles	arm reach	elbow press	leg lifts
	heel raises	marching	arm curls	chest stretch	arm circles
	tummy twists	shin strengthener	shoulder rolls	elbow to knee	reach & bend
	arm raise	knee extension	shoulder flex	balancing toe taps	chest press
	sit & reach	wrist circles	neck stretch	knees out	bird wings
				myfreebing	jocards.com

extension balancing	rolls	lifts arm	out arm	reach heel	
knee	shoulder	leg	knees	arm	
shin strengthener	free	bird wings	chest press	wrist circles	
shoulder flex	tummy twists	neck stretch	sit & reach	chest stretch	
elbow to knee	elbow press	ankle circles	marching	arm raise	

Bingo Card ID 024

shoulder	neck	bird	arm	elbow	
rolls	stretch	wings	curls	to knee	
leg	knees	wrist	sit &	heel	
lifts	out	circles	reach	raises	
knee extension	chest press	arm reach	free	chest stretch	
marching	ankle circles	arm raise	elbow press	balancing toe taps	
reach &	shoulder	arm	shin	tummy	
bend	flex	circles	strengthener	twists	
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neck stretch	knee extension	sit & reach	arm reach	arm raise		
chest stretch	free	ankle circles	elbow press	tummy twists		
elbow to knee	knees out	arm curls	shoulder flex	shoulder rolls		
shin strengthener	wrist circles	balancing toe taps	reach & bend	leg lifts		
chest press	heel raises	marching	arm circles	bird wings		
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Bingo Card ID 026

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reach &	chest	arm	balancing	sit &	
bend	stretch	curls	toe taps	reach	
neck	shoulder	knee	wrist	knees	
stretch	rolls	extension	circles	out	
arm reach	marching	heel raises	arm raise	leg lifts	
arm circles	tummy twists	free	shoulder flex	elbow to knee	
ankle	chest	elbow	shin	bird	
circles	press	press	strengthener	wings	

heel raises	chest press	tummy twists	sit & reach	knee extension		
shoulder flex	arm circles	ankle circles	wrist circles	shoulder rolls		
arm reach	neck stretch	free	arm raise	reach & bend		
chest stretch	leg lifts	knees out	elbow press	elbow to knee		
arm curls	marching	shin strengthener	balancing toe taps	bird wings		
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Bingo Card ID 028

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	wrist circles	leg lifts	arm circles	free	heel raises	
	arm	arm	chest	balancing	knee	
	reach	curls	press	toe taps	extension	
	arm	neck	shin	elbow	chest	
	raise	stretch	strengthener	press	stretch	
	shoulder	shoulder	sit &	ankle	knees	
	flex	rolls	reach	circles	out	
1	elbow to knee	reach & bend	tummy twists	marching	bird wings	

leg lifts	marching	reach & bend	elbow press	heel raises	
neck stretch	shin strengthener	shoulder flex	balancing toe taps	tummy twists	
knee extension	knees out	wrist circles	sit & reach	bird wings	
chest press	arm circles	arm raise	free	chest stretch	
elbow to knee	arm curls	shoulder rolls	ankle circles	arm reach	

Bingo Card ID 030

leg	chest	arm	bird	sit &	
lifts	press	circles	wings	reach	
balancing	knees	shoulder	elbow	tummy	
toe taps	out	flex	to knee	twists	
reach &	knee	heel	arm	arm	
bend	extension	raises	reach	curls	
free	shin strengthener	neck stretch	elbow press	arm raise	
ankle circles	shoulder rolls	marching	chest stretch	wrist circles	
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