#### 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/c9mfc5

#### **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.

#### **Remote Bingo**

You can play this bingo game remotely if your players can't get together. For instructions on how to run a remote game go to <a href="https://myfreebingocards.com/faq">https://myfreebingocards.com/faq</a>.

#### Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <a href="https://myfreebingocards.com/fag">https://myfreebingocards.com/fag</a> 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/c9mfc5

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/c9mfc5

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.

Take 5 Deep Breaths	Do 10 Push Ups or Wall Push Ups	Do 15 Toe Touches	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 15 Arm Circles
Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises
Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment			

0	Give your Parent or Sibling a Compliment	Do 15 Arm Circles	Play a Board Game with a Family Member	Do 15 Toe Touches
0	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Do 3 Minutes Marching in Place or Speed Bag with your Arms
0	Walk or Roll to Check Your Mail	Have a Catch with Mom, Dad or Sibling	FREE SPACE	Do 10 Push Ups or Wall Push Ups
0	Do 5 Minutes of Stretching Exercises	Go for a Walk or Roll Around the Block	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges

0	Do 10 Planks or Bridges	Do 15 Arm Circles	Play a Board Game with a Family Member	Go for a Walk or Roll Around the Block
0	Walk or Roll to Check Your Mail	Do 10 sets of T's, Y's and I's	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches
0	Do 5 Minutes of Stretching Exercises	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	FREE SPACE	Have a Catch with Mom, Dad or Sibling
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Do 10 Push Ups or Wall Push Ups	Take 5 Deep Breaths

0	Take 5 Deep Breaths	Do 5 Minutes of Stretching Exercises	Go for a Walk or Roll Around the Block	Do 15 Toe Touches
0 0	Do 15 Arm Circles	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment	Do 10 Arm Curls with Vegetable Cans
0	Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	FREE SPACE	Have a Catch with Mom, Dad or Sibling
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Walk or Roll to Check Your Mail

0	Walk or Roll to Check Your Mail	Give your Parent or Sibling a Compliment	Have a Catch with Mom, Dad or Sibling	Do 15 Arm Circles
0 0	Do 10 Planks or Bridges	Do 15 Toe Touches	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	FREE SPACE	Do 5 Minutes of Stretching Exercises
0	Play a Board Game with a Family Member	Do 10 Push Ups or Wall Push Ups	Do 10 sets of T's, Y's and I's	Go for a Walk or Roll Around the Block

0 0 0	Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
0	Walk or Roll to Check Your Mail	Do 15 Toe Touches	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles
0 0 0	Do 5 Minutes of Stretching Exercises	Give your Parent or Sibling a Compliment	FREE SPACE	Go for a Walk or Roll Around the Block
0	Do 10 Planks or Bridges	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Have a Catch with Mom, Dad or Sibling	Do 3 Minutes Marching in Place or Speed Bag with your Arms

0	Play a	Do 10 sets	5 Min. Walking	Do 15
0	Board Game with	of T's, Y's	up & Down Stairs or Rolling up &	Toe
0	a Family Member	and I's	Down a Ramp	Touches
0	Do 5	Do 10 Arm	Do 10	Go for a
0	Minutes of Stretching	Curls with Vegetable	Planks or	Walk or Roll
0	Exercises	Čans	Bridges	Around the Block
0	Have a	Do 10	FDFF	Do 15
0	Catch with Mom, Dad	Push Ups or Wall	FREE SPACE	Arm
0	or Sibling	Push Ups	SPACE	Circles
0	Give your	Walk or	Do 3 Minutes	Take 5
0	Parent or Sibling a	Roll to Check	Marching in Place or Speed Bag with your	Deep
0	Compliment	Your Mail	Arms	Breaths

0	Play a Board Game with a Family Member	Do 10 Planks or Bridges	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles
0	Do 15 Toe Touches	Take 5 Deep Breaths	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
0	Have a Catch with Mom, Dad or Sibling	Do 5 Minutes of Stretching Exercises	FREE SPACE	Do 10 sets of T's, Y's and I's
0	Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block	Do 10 Arm Curls with Vegetable Cans	Do 3 Minutes Marching in Place or Speed Bag with your Arms

0	Do 10 Push Ups or Wall Push Ups	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Arm Circles	Have a Catch with Mom, Dad or Sibling
0 0	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches	Go for a Walk or Roll Around the Block	Walk or Roll to Check Your Mail
0	Play a Board Game with a Family Member	Give your Parent or Sibling a Compliment	FREE SPACE	Take 5 Deep Breaths
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	Do 5 Minutes of Stretching Exercises

0	Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
0	Do 10 Arm Curls with Vegetable Cans	Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Walk or Roll to Check Your Mail
0	Do 10 Planks or Bridges	Do 15 Arm Circles	FREE SPACE	Do 15 Toe Touches
0	Have a Catch with Mom, Dad or Sibling	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths

0	Do 5 Minutes of Stretching Exercises	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
0	Do 10 sets of T's, Y's and I's	Do 15 Arm Circles	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member
0	Walk or Roll to Check Your Mail	Do 15 Toe Touches	FREE SPACE	Do 3 Minutes Marching in Place or Speed Bag with your Arms
0	Do 10 Push Ups or Wall Push Ups	Go for a Walk or Roll Around the Block	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges

0	Do 10 Planks or Bridges	Do 10 Push Ups or Wall Push Ups	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Toe Touches
0	Do 10 Arm Curls with Vegetable Cans	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Take 5 Deep Breaths	Give your Parent or Sibling a Compliment
0	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member	FREE SPACE	Do 10 sets of T's, Y's and I's
0	Go for a Walk or Roll Around the Block	Do 15 Arm Circles	Do 5 Minutes of Stretching Exercises	Walk or Roll to Check Your Mail

0	Do 10 Planks or Bridges	Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Walk or Roll to Check Your Mail
0	Do 5 Minutes of Stretching Exercises	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Take 5 Deep Breaths
0	Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups	FREE SPACE	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
0	Do 10 sets of T's, Y's and I's	Do 15 Toe Touches	Go for a Walk or Roll Around the Block	Give your Parent or Sibling a Compliment

0	Walk or Roll to Check Your Mail	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Toe Touches	Do 10 Planks or Bridges
0	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths	Go for a Walk or Roll Around the Block	Do 15 Arm Circles
0	Have a Catch with Mom, Dad or Sibling	Do 10 Arm Curls with Vegetable Cans	FREE SPACE	Play a Board Game with a Family Member
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups	Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's

0	Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths
0	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Walk or Roll to Check Your Mail	Do 15 Toe Touches
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	FREE SPACE	Do 10 Arm Curls with Vegetable Cans
0 0	Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member

0	Give your	Do 10 sets	Have a	Do 10
0	Parent or Sibling a	of T's, Y's	Catch with Mom, Dad	Push Ups or Wall
0	Compliment	and I's	or Sibling	Push Ups
0	Take 5	Go for a	Walk or	Do 15
0	Deep	Walk or Roll Around	Roll to Check	Toe
0	Breaths	the Block	Your Mail	Touches
0	5 Min. Walking	Play a		Do 10
0	up & Down Stairs or	Board Game with	FREE	Arm Curls with
0	Rolling up & Down a Ramp	a Family Member	SPACE	Vegetable Cans
0	5 45			2 -
0	Do 15 Arm	Do 10 Planks or	Do 3 Minutes Marching in Place or Speed	Do 5 Minutes of
0	Circles	Bridges	Bag with your Arms	Stretching Exercises
			mvireer	ingocarus.com

0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 5 Minutes of Stretching Exercises	Play a Board Game with a Family Member	Do 10 Planks or Bridges
0	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Walk or Roll to Check Your Mail
0	Do 10 sets of T's, Y's and I's	Go for a Walk or Roll Around the Block	FREE SPACE	Do 15 Toe Touches
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment	Have a Catch with Mom, Dad or Sibling

0	Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Walk or Roll to Check Your Mail	Do 15 Toe Touches
0	Take 5 Deep Breaths	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Play a Board Game with a Family Member	Give your Parent or Sibling a Compliment
0	Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises	FREE SPACE	Do 10 sets of T's, Y's and I's
0	Do 10 Planks or Bridges	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles

0	Walk or Roll to Check	Play a Board Game with	Do 10 sets of T's, Y's	Do 15 Arm
0	Your Mail	a Family Member	and I's	Circles
0	Do 10	Do 3 Minutes	Do 5	Give your
0	Planks or	Marching in Place or Speed Bag with your	Minutes of Stretching	Parent or Sibling a
0	Bridges	Arms	Exercises	Compliment
0	5 Min. Walking	Go for a	FREE	Take 5
0	up & Down Stairs or Rolling up &	Walk or Roll Around	SPACE	Deep
0	Down a Ramp	the Block	JI / CL	Breaths
0	Have a	Do 10	Do 10 Arm	Do 15
0	Catch with Mom, Dad	Push Ups or Wall	Curls with Vegetable	Toe
	or Sibling	Push Ups	Čans	Touches

0	Do 10 Planks or Bridges	Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's	
0	Take 5 Deep Breaths	Walk or Roll to Check Your Mail	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises	
0	Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block	FREE SPACE	Do 15 Toe Touches	
0 0	Do 15 Arm Circles	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Push Ups or Wall Push Ups	Do 10 Arm Curls with Vegetable Cans	

0	Go for a Walk or Roll Around the Block	Do 15 Toe Touches	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment
0	Have a Catch with Mom, Dad or Sibling	Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's	Take 5 Deep Breaths
0	Do 15 Arm Circles	Do 10 Arm Curls with Vegetable Cans	FREE SPACE	Do 3 Minutes Marching in Place or Speed Bag with your Arms
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Play a Board Game with a Family Member	Walk or Roll to Check Your Mail	Do 10 Planks or Bridges

0	Do 15 Toe Touches	Take 5 Deep Breaths	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Planks or Bridges	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises
0	Go for a Walk or Roll Around the Block	Have a Catch with Mom, Dad or Sibling	FREE SPACE	Do 10 Push Ups or Wall Push Ups
0	Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment

0 0	Walk or Roll to Check Your Mail	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Do 10 Arm Curls with Vegetable Cans
0 0	Do 10 sets of T's, Y's and I's	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Give your Parent or Sibling a Compliment
0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges	FREE SPACE	Do 15 Toe Touches
0	Have a Catch with Mom, Dad or Sibling	Take 5 Deep Breaths	Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises

0	Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment
0	Play a Board Game with a Family Member	Do 10 Planks or Bridges	Do 10 Arm Curls with Vegetable Cans	Do 5 Minutes of Stretching Exercises
0	Go for a Walk or Roll Around the Block	Do 10 Push Ups or Wall Push Ups	FREE SPACE	Take 5 Deep Breaths
0	Do 15 Arm Circles	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Walk or Roll to Check Your Mail	Do 15 Toe Touches

0	Go for a Walk or Roll Around the Block	Give your Parent or Sibling a Compliment	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
0	Do 5 Minutes of Stretching Exercises	Have a Catch with Mom, Dad or Sibling	Do 15 Toe Touches	Do 3 Minutes Marching in Place or Speed Bag with your Arms
0	Take 5 Deep Breaths	Do 10 sets of T's, Y's and I's	FREE SPACE	Walk or Roll to Check Your Mail
0	Do 15 Arm Circles	Do 10 Arm Curls with Vegetable Cans	Do 10 Planks or Bridges	Play a Board Game with a Family Member

0	Do 15 Toe Touches	Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Walk or Roll to Check Your Mail
0	Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Take 5 Deep Breaths
0	Do 5 Minutes of Stretching Exercises	Have a Catch with Mom, Dad or Sibling	FREE SPACE	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
0 0	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Give your Parent or Sibling a Compliment	Do 10 Arm Curls with Vegetable Cans

0	Take 5 Deep Breaths	Do 10 sets of T's, Y's and I's	Do 10 Push Ups or Wall Push Ups	Do 5 Minutes of Stretching Exercises
0	Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block
0	Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	FREE SPACE	Do 15 Arm Circles
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches

0	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Do 15 Toe Touches
0	Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Go for a Walk or Roll Around the Block	Do 10 sets of T's, Y's and I's
0	Do 10 Push Ups or Wall Push Ups	Play a Board Game with a Family Member	FREE SPACE	Take 5 Deep Breaths
0	Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	Do 5 Minutes of Stretching Exercises	Do 15 Arm Circles

0	Play a Board Game with a Family Member	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Take 5 Deep Breaths	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
0	Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups
0	Do 5 Minutes of Stretching Exercises	Walk or Roll to Check Your Mail	FREE SPACE	Give your Parent or Sibling a Compliment
0	Go for a Walk or Roll Around the Block	Do 10 Planks or Bridges	Do 15 Arm Circles	Do 15 Toe Touches

0	Go for a Walk or Roll Around the Block	Do 15 Toe Touches	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
0	Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	Do 5 Minutes of Stretching Exercises
0	Give your Parent or Sibling a Compliment	Do 15 Arm Circles	FREE SPACE	Do 3 Minutes Marching in Place or Speed Bag with your Arms
0	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member

0	Go for a Walk or Roll Around the Block	Do 10 Planks or Bridges	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's
0	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Arm Curls with Vegetable Cans	Do 10 Push Ups or Wall Push Ups	Have a Catch with Mom, Dad or Sibling
0	Do 5 Minutes of Stretching Exercises	Take 5 Deep Breaths	FREE SPACE	Walk or Roll to Check Your Mail
0	Do 15 Toe Touches	Do 15 Arm Circles	Give your Parent or Sibling a Compliment	Play a Board Game with a Family Member