

# Instructions: DO NOT PRINT THIS PAGE



I am delighted to share these free HEALTHY FOOD FEELINGS game cards with you.

There are two ways to play this game.

## **Bingo**

Use the cut out cards (those with the black border) as bingo cards. Give each player a Bingo board mat (the coloured sheets). Either take turns or have a 'bingo caller' select a card at random. If a player has that card they can cover it. Play continues until a player has a whole row (short game) or a whole board (long game).

## **Memory Match**

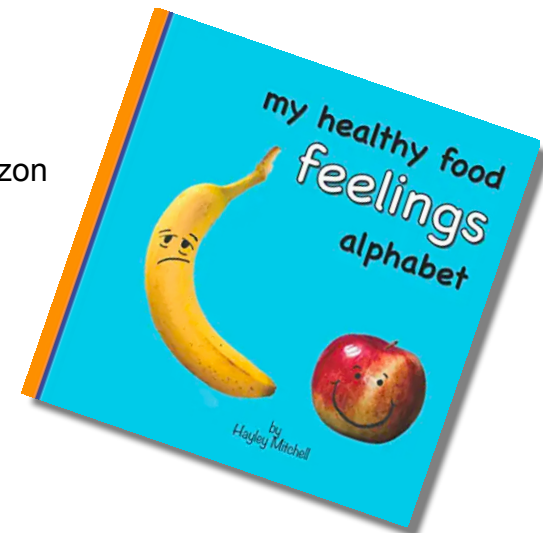
Place the cut cards (black border) face down spread out on the table. Give each player a board mat (the coloured sheets). Take turns to choose a card. If it matches a emotion on your board you place it on top. Continue until a player has all their emotions.

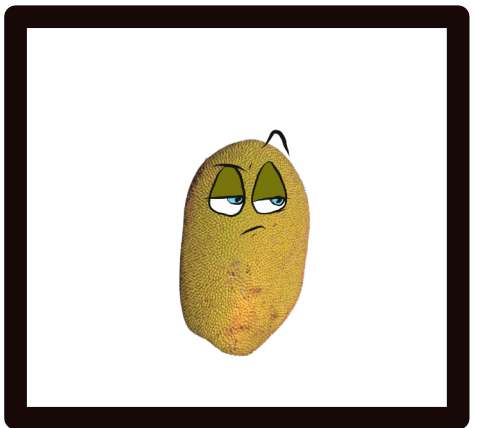
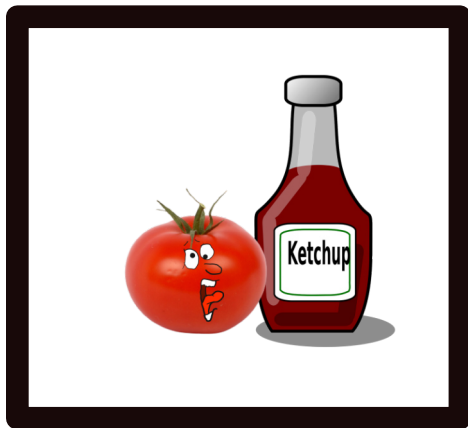
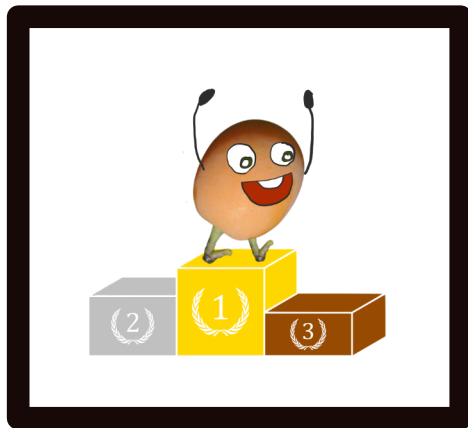
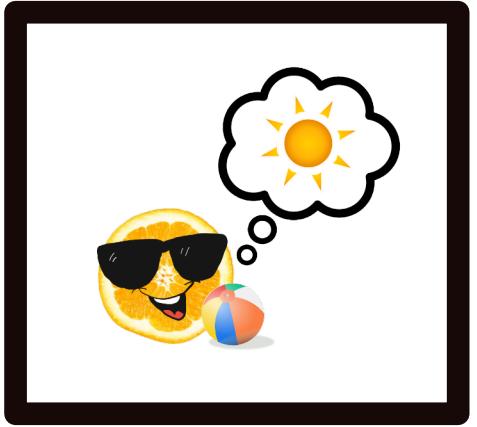
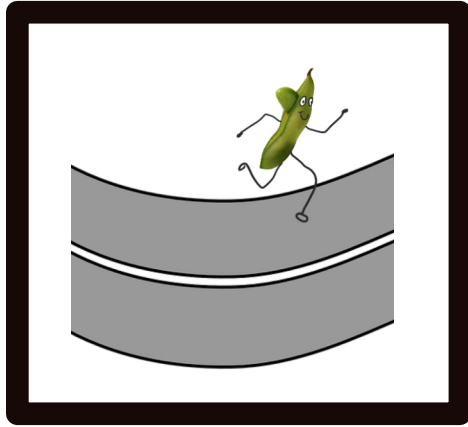
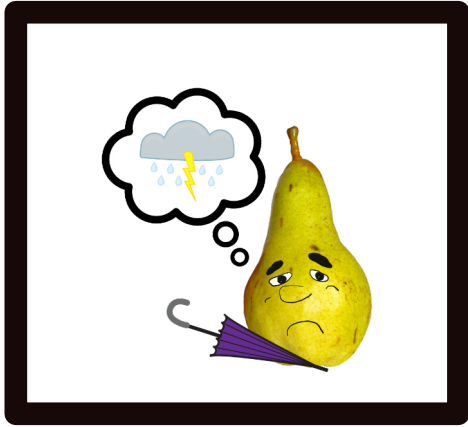
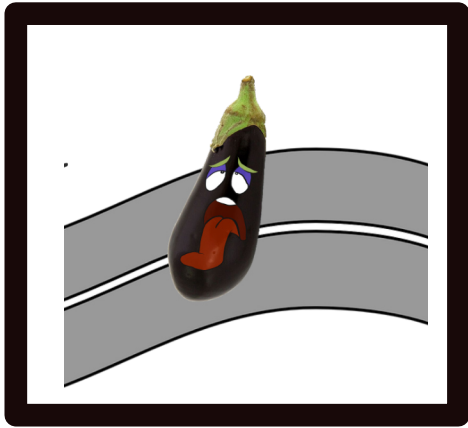
Make sure you have read the accompanying book:

My Healthy Food Feelings Alphabet, which is available to buy on Amazon

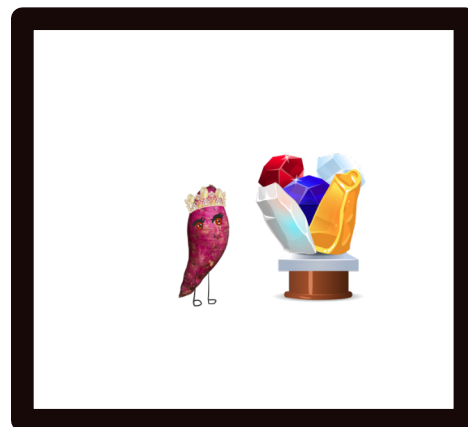
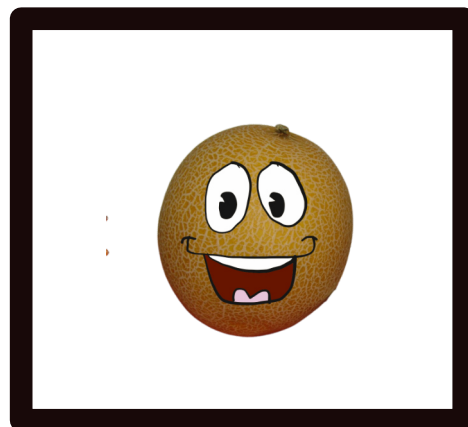
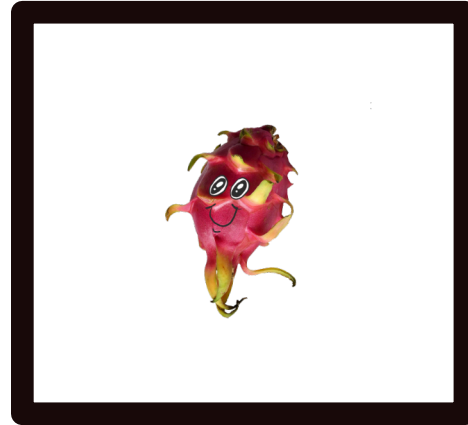
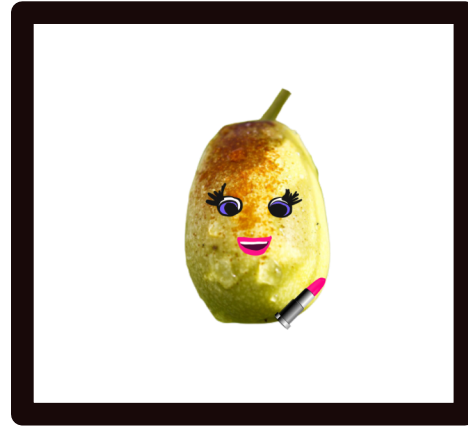
<https://amzn.to/3bFuBPq>

or see my website  
[www.hayleymitchell.weebly.com](http://www.hayleymitchell.weebly.com)

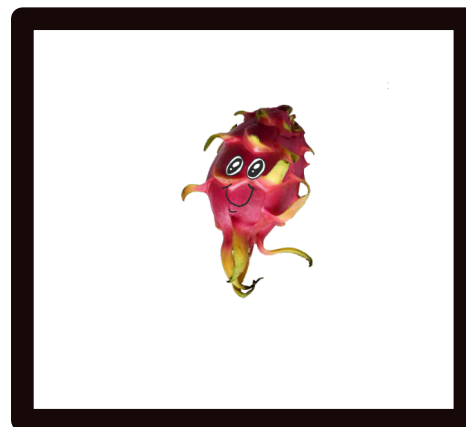
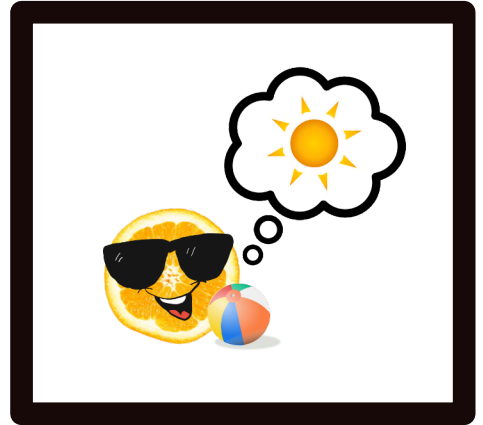
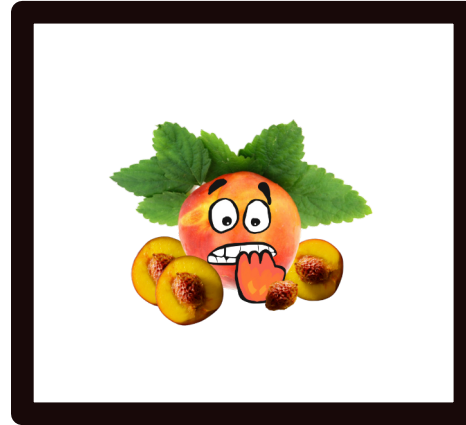
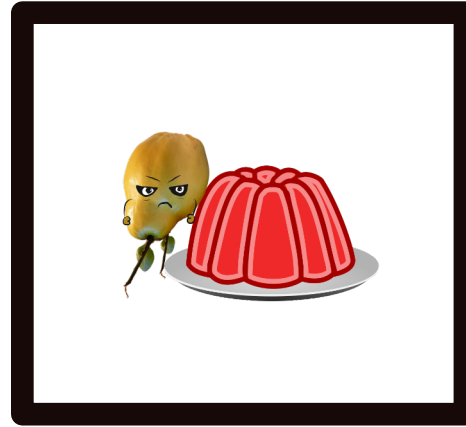


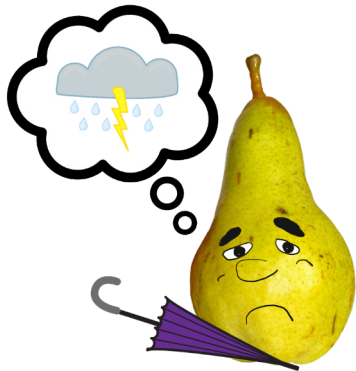
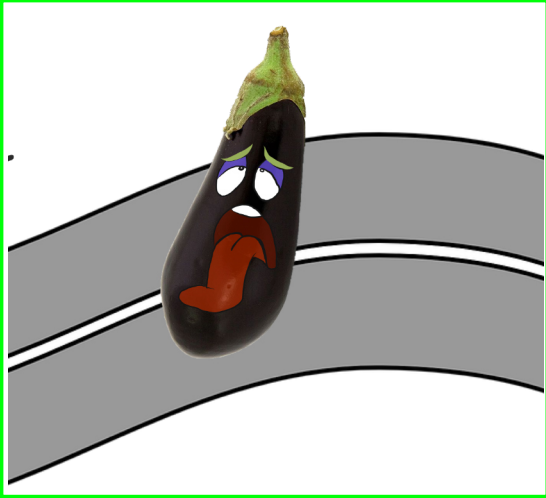


Print these cards and cut out

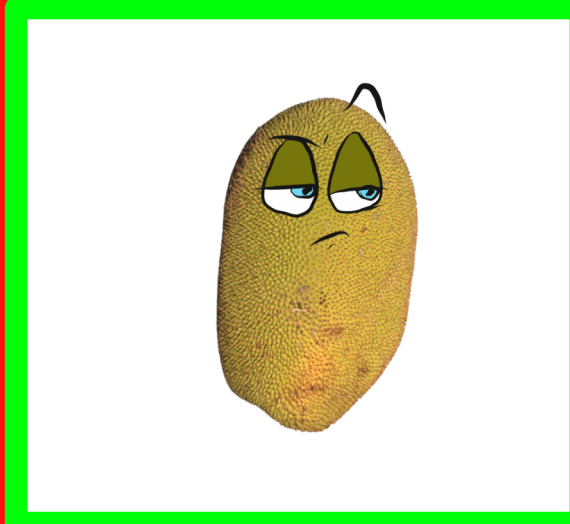
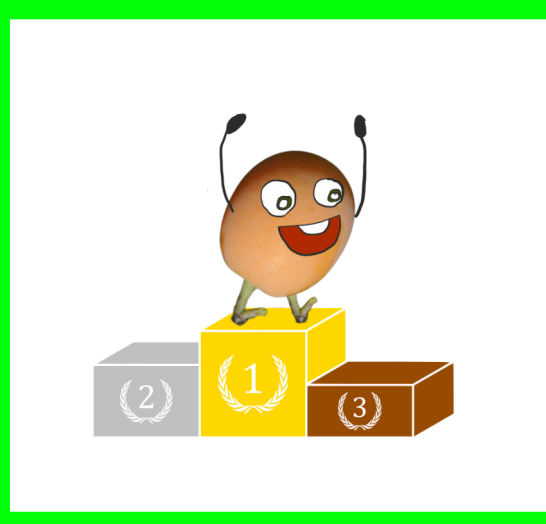
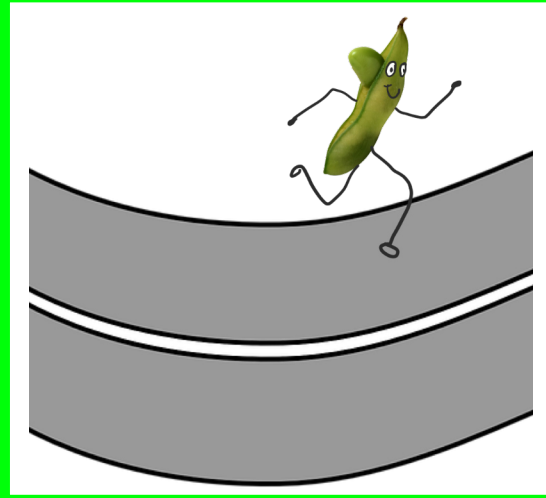
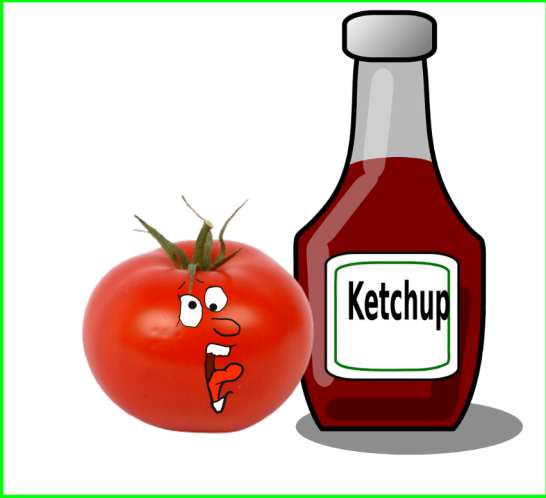


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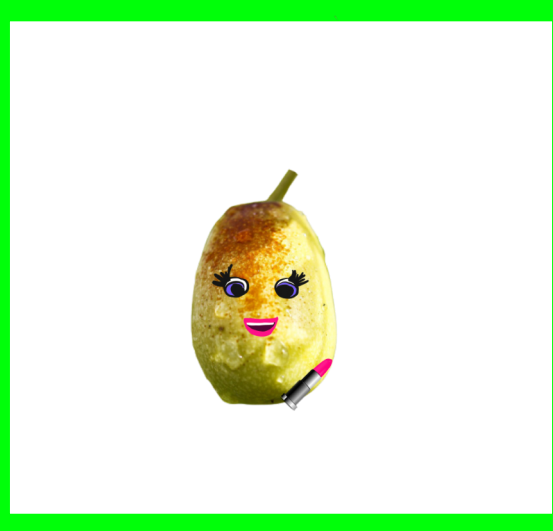




Bingo card, print and laminate

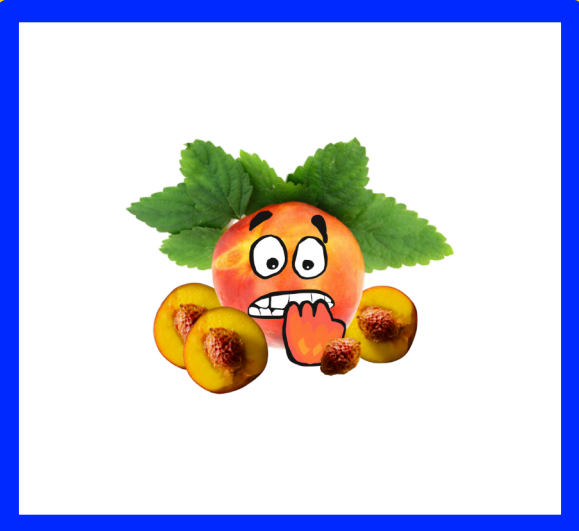
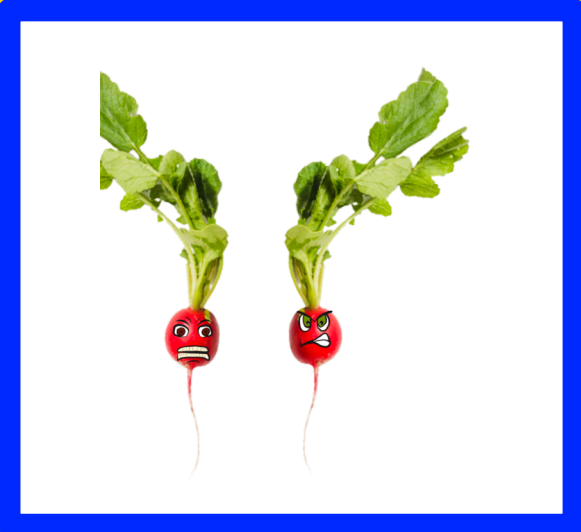
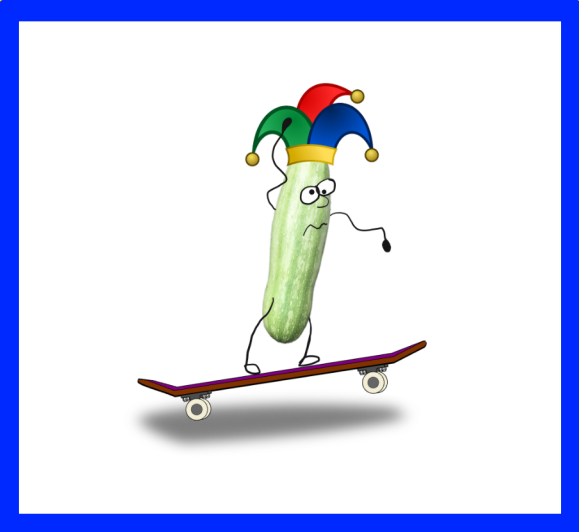


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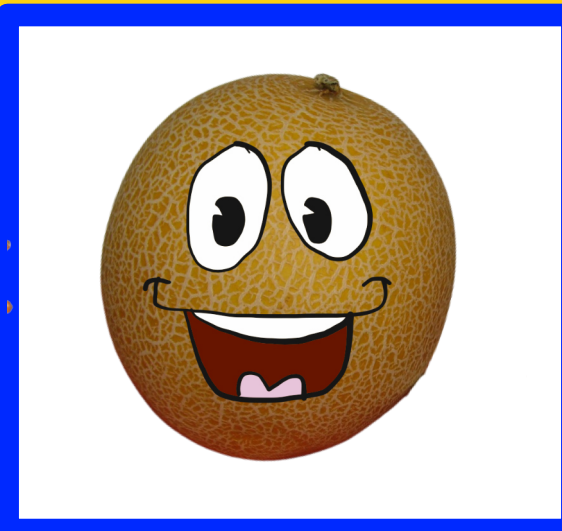
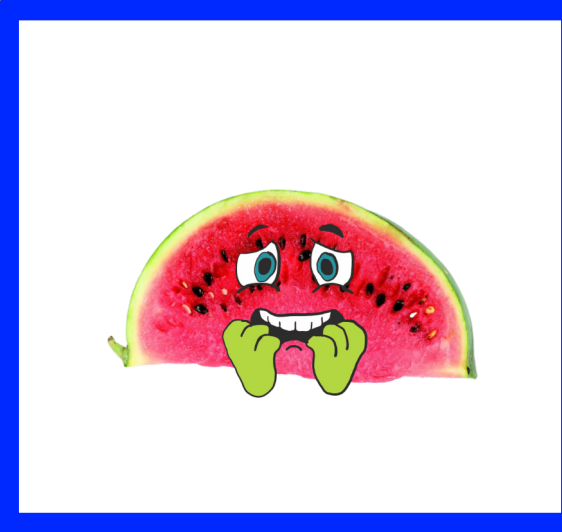
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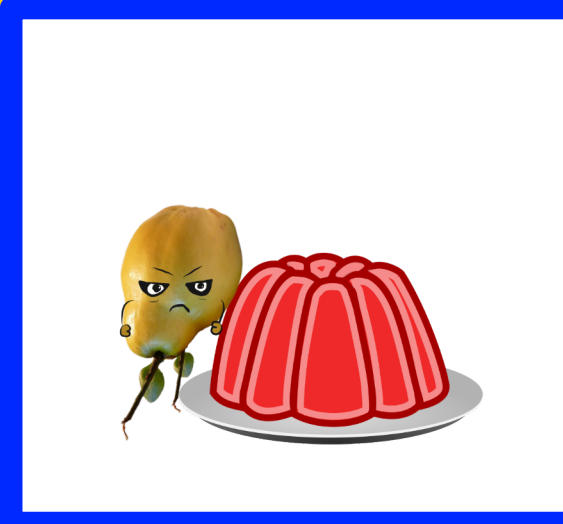


Bingo card, print and laminate





Bingo card, print and laminate



Bingo card, print and laminate