

# Coping Skills Bingo

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On the next page is a sheet for the bingo caller that contains of all the words that appear on the cards.

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## 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

Go for a walk	<b>read</b>	<b>walk away</b>	talk to a friend	10 deep breaths
exercise	<b>yoga</b>	<b>paint</b>	eat healthy	<b>music</b>
friends	watch a movie	<b>sing</b>	<b>stress ball</b>	<b>draw</b>
write a story or poem	<b>get help</b>	play a game	<b>sleep</b>	do something kind
<b>play outside</b>	pop bubble wrap	talk to someone	do something different	

# Coping Skills Bingo

watch a movie	music	sleep	play outside	<b>sing</b>
eat healthy	exercise	pop bubble wrap	<b>draw</b>	Go for a walk
walk away	friends	FREE SPACE	<b>read</b>	write a story or poem
play a game	<b>yoga</b>	<b>get help</b>	do something kind	<b>paint</b>
talk to a friend	talk to someone	do something different	10 deep breaths	<b>stress ball</b>

# Coping Skills Bingo

talk to a friend	do something different	play outside	eat healthy	<b>sing</b>
<b>paint</b>	<b>read</b>	talk to someone	<b>sleep</b>	<b>draw</b>
walk away	write a story or poem	FREE SPACE	exercise	Go for a walk
<b>yoga</b>	<b>get help</b>	play a game	10 deep breaths	<b>music</b>
friends	do something kind	pop bubble wrap	<b>stress ball</b>	watch a movie

# Coping Skills Bingo

talk to someone	<b>sleep</b>	pop bubble wrap	talk to a friend	<b>get help</b>
<b>paint</b>	exercise	<b>stress ball</b>	<b>walk away</b>	eat healthy
<b>yoga</b>	<b>music</b>	<b>FREE SPACE</b>	do something kind	<b>play a game</b>
Go for a walk	<b>draw</b>	do something different	write a story or poem	10 deep breaths
<b>sing</b>	friends	play outside	<b>read</b>	watch a movie

# Coping Skills Bingo

<b>stress ball</b>	<b>read</b>	talk to someone	<b>music</b>	<b>play a game</b>
watch a movie	eat healthy	exercise	pop bubble wrap	write a story or poem
do something different	talk to a friend	<b>FREE SPACE</b>	Go for a walk	<b>friends</b>
<b>sleep</b>	<b>get help</b>	<b>walk away</b>	10 deep breaths	<b>yoga</b>
<b>sing</b>	play outside	<b>paint</b>	<b>draw</b>	do something kind

# Coping Skills Bingo

write a story or poem	play outside	walk away	<b>draw</b>	pop bubble wrap
Go for a walk	<b>read</b>	<b>sing</b>	yoga	<b>stress ball</b>
exercise	talk to a friend	<b>FREE SPACE</b>	talk to someone	do something kind
<b>music</b>	<b>get help</b>	eat healthy	watch a movie	<b>paint</b>
<b>sleep</b>	do something different	play a game	10 deep breaths	friends

# Coping Skills Bingo

play outside	<b>draw</b>	write a story or poem	exercise	10 deep breaths
talk to someone	<b>get help</b>	<b>sleep</b>	watch a movie	Go for a walk
do something different	<b>yoga</b>	<b>FREE SPACE</b>	<b>paint</b>	play a game
eat healthy	do something kind	<b>music</b>	<b>read</b>	talk to a friend
friends	walk away	<b>sing</b>	<b>stress ball</b>	pop bubble wrap

# Coping Skills Bingo

play outside	do something different	talk to a friend	do something kind	eat healthy
exercise	<b>sleep</b>	pop bubble wrap	talk to someone	<b>read</b>
10 deep breaths	play a game	<b>FREE SPACE</b>	<b>sing</b>	stress ball
<b>get help</b>	<b>walk away</b>	write a story or poem	<b>yoga</b>	<b>paint</b>
<b>music</b>	<b>draw</b>	watch a movie	Go for a walk	friends

# Coping Skills Bingo

<b>yoga</b>	do something kind	<b>walk away</b>	<b>sing</b>	talk to someone
friends	<b>sleep</b>	eat healthy	play a game	<b>read</b>
exercise	<b>stress ball</b>	<b>FREE SPACE</b>	<b>paint</b>	Go for a walk
play outside	pop bubble wrap	<b>music</b>	10 deep breaths	write a story or poem
<b>get help</b>	talk to a friend	<b>draw</b>	do something different	watch a movie

# Coping Skills Bingo

<b>yoga</b>	talk to a friend	<b>get help</b>	<b>paint</b>	10 deep breaths
do something kind	Go for a walk	write a story or poem	play outside	<b>draw</b>
talk to someone	<b>stress ball</b>	<b>FREE SPACE</b>	<b>read</b>	exercise
do something different	watch a movie	eat healthy	<b>sing</b>	play a game
<b>sleep</b>	<b>music</b>	friends	pop bubble wrap	<b>walk away</b>

# Coping Skills Bingo

<b>get help</b>	<b>music</b>	pop bubble wrap	Go for a walk	<b>walk away</b>
play outside	<b>draw</b>	eat healthy	play a game	talk to a friend
<b>stress ball</b>	<b>read</b>	<b>FREE SPACE</b>	<b>yoga</b>	exercise
<b>sleep</b>	friends	watch a movie	<b>sing</b>	do something kind
<b>paint</b>	talk to someone	do something different	10 deep breaths	write a story or poem

# Coping Skills Bingo

<b>sing</b>	write a story or poem	<b>walk away</b>	do something different	do something kind
<b>sleep</b>	friends	exercise	Go for a walk	10 deep breaths
pop bubble wrap	talk to someone	<b>FREE SPACE</b>	<b>music</b>	talk to a friend
play outside	<b>yoga</b>	play a game	watch a movie	<b>draw</b>
<b>stress ball</b>	<b>paint</b>	<b>get help</b>	eat healthy	<b>read</b>

# Coping Skills Bingo

do something different	watch a movie	Go for a walk	talk to a friend	eat healthy
<b>read</b>	<b>get help</b>	play outside	talk to someone	friends
pop bubble wrap	<b>sing</b>	<b>FREE SPACE</b>	<b>yoga</b>	play a game
<b>sleep</b>	<b>stress ball</b>	<b>walk away</b>	do something kind	write a story or poem
10 deep breaths	exercise	<b>draw</b>	<b>paint</b>	<b>music</b>

# Coping Skills Bingo

read	friends	sleep	do something different	exercise
music	pop bubble wrap	paint	watch a movie	eat healthy
play a game	talk to someone	FREE SPACE	Go for a walk	yoga
play outside	talk to a friend	write a story or poem	get help	do something kind
10 deep breaths	stress ball	sing	draw	walk away

# Coping Skills Bingo

talk to someone	get help	draw	music	pop bubble wrap
do something kind	eat healthy	yoga	read	walk away
talk to a friend	sleep	FREE SPACE	exercise	friends
10 deep breaths	sing	Go for a walk	paint	do something different
write a story or poem	play a game	play outside	watch a movie	stress ball

# Coping Skills Bingo

music	draw	play a game	pop bubble wrap	do something kind
talk to someone	stress ball	paint	read	exercise
watch a movie	10 deep breaths	FREE SPACE	sleep	play outside
sing	Go for a walk	write a story or poem	eat healthy	walk away
talk to a friend	yoga	get help	friends	do something different

# Coping Skills Bingo

friends	get help	play outside	sleep	do something different
stress ball	write a story or poem	pop bubble wrap	eat healthy	Go for a walk
read	draw	FREE SPACE	walk away	talk to someone
paint	talk to a friend	yoga	exercise	10 deep breaths
watch a movie	do something kind	sing	play a game	music

# Coping Skills Bingo

<b>read</b>	play a game	Go for a walk	<b>yoga</b>	exercise
write a story or poem	watch a movie	talk to someone	pop bubble wrap	<b>stress ball</b>
<b>sing</b>	10 deep breaths	<b>FREE SPACE</b>	play outside	<b>music</b>
<b>sleep</b>	talk to a friend	<b>paint</b>	<b>get help</b>	<b>walk away</b>
<b>draw</b>	friends	do something different	<b>eat healthy</b>	do something kind

# Coping Skills Bingo

play outside	<b>read</b>	eat healthy	<b>yoga</b>	<b>draw</b>
<b>walk away</b>	do something different	friends	<b>music</b>	<b>get help</b>
pop bubble wrap	10 deep breaths	<b>FREE SPACE</b>	<b>paint</b>	play a game
<b>sleep</b>	do something kind	watch a movie	<b>sing</b>	<b>stress ball</b>
talk to a friend	write a story or poem	<b>Go for a walk</b>	talk to someone	exercise

# Coping Skills Bingo

play a game	do something different	10 deep breaths	<b>draw</b>	talk to someone
pop bubble wrap	talk to a friend	<b>read</b>	<b>sing</b>	stress ball
write a story or poem	play outside	<b>FREE SPACE</b>	<b>paint</b>	music
<b>get help</b>	<b>walk away</b>	exercise	friends	eat healthy
do something kind	Go for a walk	<b>sleep</b>	watch a movie	<b>yoga</b>

# Coping Skills Bingo

exercise	<b>paint</b>	music	do something kind	play a game
<b>get help</b>	<b>draw</b>	<b>sing</b>	pop bubble wrap	stress ball
talk to a friend	<b>yoga</b>	<b>FREE SPACE</b>	eat healthy	<b>walk away</b>
<b>sleep</b>	friends	Go for a walk	talk to someone	10 deep breaths
play outside	watch a movie	<b>read</b>	write a story or poem	do something different

# Coping Skills Bingo

pop bubble wrap	walk away	exercise	<b>read</b>	10 deep breaths
sleep	<b>sing</b>	friends	play outside	do something different
watch a movie	<b>paint</b>	FREE SPACE	play a game	<b>get help</b>
talk to someone	do something kind	write a story or poem	<b>yoga</b>	<b>stress ball</b>
Go for a walk	eat healthy	<b>draw</b>	<b>music</b>	talk to a friend

# Coping Skills Bingo

walk away	<b>sing</b>	friends	<b>read</b>	talk to a friend
<b>stress ball</b>	play outside	write a story or poem	Go for a walk	<b>draw</b>
do something kind	eat healthy	FREE SPACE	<b>yoga</b>	<b>music</b>
<b>sleep</b>	talk to someone	10 deep breaths	pop bubble wrap	play a game
exercise	do something different	<b>paint</b>	watch a movie	<b>get help</b>

# Coping Skills Bingo

play a game	10 deep breaths	<b>draw</b>	music	<b>sing</b>
play outside	<b>sleep</b>	do something different	Go for a walk	talk to someone
<b>yoga</b>	<b>get help</b>	<b>FREE SPACE</b>	<b>paint</b>	talk to a friend
watch a movie	do something kind	pop bubble wrap	<b>walk away</b>	friends
eat healthy	write a story or poem	<b>stress ball</b>	<b>read</b>	exercise

# Coping Skills Bingo

<b>paint</b>	music	10 deep breaths	do something kind	<b>sleep</b>
<b>walk away</b>	<b>stress ball</b>	<b>yoga</b>	<b>get help</b>	talk to someone
write a story or poem	play a game	<b>FREE SPACE</b>	friends	exercise
pop bubble wrap	watch a movie	<b>sing</b>	<b>read</b>	<b>draw</b>
eat healthy	Go for a walk	talk to a friend	do something different	<b>play outside</b>

# Coping Skills Bingo

exercise	watch a movie	<b>stress ball</b>	do something different	<b>sing</b>
<b>paint</b>	<b>read</b>	play outside	write a story or poem	<b>draw</b>
friends	pop bubble wrap	<b>FREE SPACE</b>	<b>get help</b>	play a game
<b>sleep</b>	10 deep breaths	do something kind	<b>music</b>	eat healthy
talk to a friend	<b>walk away</b>	Go for a walk	talk to someone	<b>yoga</b>

# Coping Skills Bingo

pop bubble wrap	<b>stress ball</b>	write a story or poem	<b>draw</b>	do something kind
play a game	<b>get help</b>	10 deep breaths	<b>music</b>	<b>yoga</b>
<b>paint</b>	<b>read</b>	<b>FREE SPACE</b>	do something different	<b>walk away</b>
talk to someone	watch a movie	eat healthy	talk to a friend	friends
<b>sing</b>	play outside	Go for a walk	exercise	<b>sleep</b>

# Coping Skills Bingo

10 deep breaths	friends	<b>music</b>	talk to someone	exercise
Go for a walk	play a game	<b>yoga</b>	<b>walk away</b>	<b>paint</b>
<b>draw</b>	<b>sleep</b>	<b>FREE SPACE</b>	do something kind	play outside
<b>sing</b>	<b>stress ball</b>	watch a movie	pop bubble wrap	<b>read</b>
talk to a friend	<b>get help</b>	do something different	<b>eat healthy</b>	write a story or poem

# Coping Skills Bingo

<b>yoga</b>	friends	play outside	pop bubble wrap	write a story or poem
Go for a walk	<b>walk away</b>	10 deep breaths	<b>draw</b>	watch a movie
play a game	<b>stress ball</b>	<b>FREE SPACE</b>	do something kind	<b>get help</b>
talk to a friend	<b>read</b>	<b>sing</b>	music	<b>paint</b>
do something different	<b>sleep</b>	talk to someone	exercise	<b>eat healthy</b>

# Coping Skills Bingo

yoga	paint	talk to a friend	exercise	sleep
write a story or poem	watch a movie	walk away	10 deep breaths	stress ball
read	talk to someone	FREE SPACE	do something kind	music
get help	draw	do something different	pop bubble wrap	friends
eat healthy	play a game	Go for a walk	sing	play outside

# Coping Skills Bingo

paint	do something different	watch a movie	10 deep breaths	draw
friends	Go for a walk	do something kind	play a game	pop bubble wrap
get help	read	FREE SPACE	write a story or poem	stress ball
exercise	talk to someone	walk away	yoga	eat healthy
sleep	sing	talk to a friend	music	play outside