

Coping Skills 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/acx2uv

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/faq> 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/acx2uv

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/acx2uv

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.

Listen to Music	Color	Take a Shower	Stretch	Call a Friend	Talk to a Teacher
Read	Journal	Watch TV	Play Videogames	Deep Breaths	Tell a Joke
Exercise	Take a Break	Draw	Think of a happy memory		

Coping Skills Bingo

Deep Breaths	Journal	Talk to a Teacher	Watch TV
Take a Break	Think of a happy memory	Exercise	Color
Listen to Music	Read	Call a Friend	Take a Shower
Play Videogames	Stretch	Draw	Tell a Joke

Coping Skills Bingo

Tell a Joke	Read	Take a Break	Listen to Music
Journal	Draw	Stretch	Color
Deep Breaths	Exercise	Take a Shower	Call a Friend
Play Videogames	Talk to a Teacher	Watch TV	Think of a happy memory

Coping Skills Bingo

Think of a happy memory	Stretch	Take a Shower	Journal
Deep Breaths	Listen to Music	Tell a Joke	Color
Play Videogames	Call a Friend	Read	Watch TV
Talk to a Teacher	Draw	Exercise	Take a Break

Coping Skills Bingo

Talk to a Teacher	Exercise	Tell a Joke	Color
Think of a happy memory	Watch TV	Listen to Music	Draw
Journal	Read	Stretch	Take a Break
Deep Breaths	Call a Friend	Take a Shower	Play Videogames

Coping Skills Bingo

Talk to a Teacher	Exercise	Call a Friend	Listen to Music
Read	Color	Deep Breaths	Take a Break
Take a Shower	Draw	Journal	Stretch
Think of a happy memory	Play Videogames	Tell a Joke	Watch TV

Coping Skills Bingo

Talk to a Teacher	Deep Breaths	Draw	Journal
Listen to Music	Tell a Joke	Think of a happy memory	Call a Friend
Take a Shower	Watch TV	Read	Exercise
Stretch	Take a Break	Color	Play Videogames

Coping Skills Bingo

Draw	Watch TV	Play Videogames	Journal
Take a Shower	Color	Listen to Music	Take a Break
Think of a happy memory	Talk to a Teacher	Stretch	Tell a Joke
Call a Friend	Deep Breaths	Exercise	Read

Coping Skills Bingo

Take a Break	Read	Call a Friend	Draw
Color	Talk to a Teacher	Exercise	Think of a happy memory
Deep Breaths	Journal	Listen to Music	Take a Shower
Watch TV	Play Videogames	Stretch	Tell a Joke

Coping Skills Bingo

Read	Stretch	Tell a Joke	Color
Exercise	Journal	Take a Shower	Talk to a Teacher
Think of a happy memory	Listen to Music	Play Videogames	Draw
Watch TV	Take a Break	Call a Friend	Deep Breaths

Coping Skills Bingo

Watch TV	Deep Breaths	Draw	Play Videogames
Listen to Music	Color	Call a Friend	Tell a Joke
Stretch	Take a Shower	Talk to a Teacher	Exercise
Take a Break	Journal	Read	Think of a happy memory

Coping Skills Bingo

Deep Breaths	Color	Journal	Think of a happy memory
Read	Play Videogames	Talk to a Teacher	Tell a Joke
Take a Shower	Watch TV	Draw	Call a Friend
Exercise	Listen to Music	Take a Break	Stretch

Coping Skills Bingo

Think of a happy memory	Play Videogames	Listen to Music	Deep Breaths
Stretch	Tell a Joke	Take a Break	Journal
Take a Shower	Color	Talk to a Teacher	Call a Friend
Draw	Read	Exercise	Watch TV

Coping Skills Bingo

Read	Exercise	Stretch	Tell a Joke
Draw	Journal	Think of a happy memory	Listen to Music
Play Videogames	Call a Friend	Color	Watch TV
Deep Breaths	Take a Break	Take a Shower	Talk to a Teacher

Coping Skills Bingo

Stretch	Exercise	Take a Shower	Draw
Tell a Joke	Take a Break	Think of a happy memory	Listen to Music
Call a Friend	Talk to a Teacher	Watch TV	Color
Journal	Deep Breaths	Play Videogames	Read

Coping Skills Bingo

Play Videogames	Read	Talk to a Teacher	Deep Breaths
Tell a Joke	Color	Journal	Think of a happy memory
Exercise	Take a Break	Listen to Music	Call a Friend
Draw	Stretch	Take a Shower	Watch TV

Coping Skills Bingo

Color	Take a Shower	Think of a happy memory	Listen to Music
Tell a Joke	Call a Friend	Watch TV	Talk to a Teacher
Stretch	Take a Break	Read	Exercise
Deep Breaths	Play Videogames	Draw	Journal

Coping Skills Bingo

Think of a happy memory	Talk to a Teacher	Exercise	Journal
Deep Breaths	Play Videogames	Read	Stretch
Call a Friend	Take a Break	Tell a Joke	Take a Shower
Draw	Watch TV	Color	Listen to Music

Coping Skills Bingo

Deep Breaths	Take a Shower	Call a Friend	Exercise
Tell a Joke	Think of a happy memory	Watch TV	Talk to a Teacher
Read	Stretch	Take a Break	Listen to Music
Journal	Play Videogames	Draw	Color

Coping Skills Bingo

Take a Break	Listen to Music	Draw	Stretch
Take a Shower	Read	Exercise	Tell a Joke
Watch TV	Journal	Color	Play Videogames
Call a Friend	Talk to a Teacher	Think of a happy memory	Deep Breaths

Coping Skills Bingo

Listen to Music	Tell a Joke	Think of a happy memory	Call a Friend
Play Videogames	Watch TV	Deep Breaths	Talk to a Teacher
Read	Take a Break	Take a Shower	Draw
Color	Journal	Exercise	Stretch

Coping Skills Bingo

Watch TV	Think of a happy memory	Play Videogames	Talk to a Teacher
Color	Exercise	Draw	Journal
Stretch	Call a Friend	Deep Breaths	Listen to Music
Take a Shower	Tell a Joke	Take a Break	Read

Coping Skills Bingo

Take a Shower	Call a Friend	Exercise	Stretch
Talk to a Teacher	Watch TV	Deep Breaths	Color
Read	Take a Break	Draw	Tell a Joke
Journal	Play Videogames	Think of a happy memory	Listen to Music

Coping Skills Bingo

Take a Break	Stretch	Call a Friend	Draw
Read	Take a Shower	Listen to Music	Play Videogames
Tell a Joke	Watch TV	Exercise	Think of a happy memory
Journal	Color	Deep Breaths	Talk to a Teacher

Coping Skills Bingo

Listen to Music	Deep Breaths	Take a Break	Think of a happy memory
Watch TV	Talk to a Teacher	Exercise	Play Videogames
Tell a Joke	Read	Take a Shower	Call a Friend
Draw	Journal	Stretch	Color

Coping Skills Bingo

Tell a Joke	Exercise	Draw	Read
Take a Shower	Call a Friend	Stretch	Take a Break
Think of a happy memory	Deep Breaths	Journal	Play Videogames
Talk to a Teacher	Watch TV	Color	Listen to Music

Coping Skills Bingo

Call a Friend	Play Videogames	Stretch	Listen to Music
Color	Take a Shower	Take a Break	Exercise
Draw	Talk to a Teacher	Watch TV	Tell a Joke
Think of a happy memory	Deep Breaths	Read	Journal

Coping Skills Bingo

Talk to a Teacher	Play Videogames	Tell a Joke	Call a Friend
Color	Exercise	Take a Shower	Draw
Read	Think of a happy memory	Watch TV	Stretch
Take a Break	Deep Breaths	Journal	Listen to Music

Coping Skills Bingo

Take a Break	Listen to Music	Call a Friend	Draw
Think of a happy memory	Deep Breaths	Exercise	Read
Stretch	Journal	Play Videogames	Tell a Joke
Color	Take a Shower	Watch TV	Talk to a Teacher

Coping Skills Bingo

Take a Break	Deep Breaths	Call a Friend	Exercise
Play Videogames	Color	Draw	Take a Shower
Read	Tell a Joke	Think of a happy memory	Listen to Music
Journal	Watch TV	Stretch	Talk to a Teacher

Coping Skills Bingo

Play Videogames	Watch TV	Color	Listen to Music
Journal	Think of a happy memory	Take a Break	Exercise
Talk to a Teacher	Tell a Joke	Deep Breaths	Take a Shower
Draw	Stretch	Call a Friend	Read