

Coping Skills Bingo

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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/b5kgate

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/b5kgate

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/b5kgate

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.

Palm Press	Go Outside	Hold Ice	Listen to Music	Desk Rest	Journal	Zones Check-In
Draw or Doodle	Ask for Help	Mindful Listening	Stretch It Out	Tense & Relax	Imagery	Wall Push-Up
Take a Mindful Walk	Pressure Points	Touch Points	Infinity Breathing	5-Finger Breathing	Squeeze a Stress Ball or Fidget	Talk to Trusted Person
5-4-3-2-1 Grounding	Drink Cold Water	Square Breathing				

Bingo Card ID 001

Coping Skills Bingo

Take a Mindful Walk	Ask for Help	Mindful Listening	Drink Cold Water	Square Breathing
Journal	Pressure Points	Talk to Trusted Person	Squeeze a Stress Ball or Fidget	Draw or Doodle
Tense & Relax	Wall Push-Up	FREE SPACE	Go Outside	5-Finger Breathing
Zones Check-In	Imagery	Listen to Music	5-4-3-2-1 Grounding	Infinity Breathing
Hold Ice	Desk Rest	Palm Press	Stretch It Out	Touch Points

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Bingo Card ID 002

Coping Skills Bingo

Talk to Trusted Person	Squeeze a Stress Ball or Fidget	Palm Press	Take a Mindful Walk	Imagery
Journal	Go Outside	Stretch It Out	Tense & Relax	Drink Cold Water
Zones Check-In	Infinity Breathing	FREE SPACE	Desk Rest	Listen to Music
5-Finger Breathing	Draw or Doodle	Ask for Help	Wall Push-Up	5-4-3-2-1 Grounding
Square Breathing	Hold Ice	Mindful Listening	Pressure Points	Touch Points

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Bingo Card ID 003

Coping Skills Bingo

Stretch It Out	Pressure Points	Talk to Trusted Person	Infinity Breathing	Listen to Music
Touch Points	Drink Cold Water	Go Outside	Palm Press	Wall Push-Up
Ask for Help	Take a Mindful Walk	FREE SPACE	5-Finger Breathing	Hold Ice
Squeeze a Stress Ball or Fidget	Imagery	Tense & Relax	5-4-3-2-1 Grounding	Zones Check-In
Square Breathing	Mindful Listening	Journal	Draw or Doodle	Desk Rest

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Bingo Card ID 004

Coping Skills Bingo

Wall Push-Up	Mindful Listening	Tense & Relax	Draw or Doodle	Palm Press
5-Finger Breathing	Pressure Points	Square Breathing	Zones Check-In	Stretch It Out
Go Outside	Take a Mindful Walk	FREE SPACE	Talk to Trusted Person	Desk Rest
Infinity Breathing	Imagery	Drink Cold Water	Touch Points	Journal
Squeeze a Stress Ball or Fidget	Ask for Help	Listen to Music	5-4-3-2-1 Grounding	Hold Ice

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Bingo Card ID 005

Coping Skills Bingo

Mindful Listening	Draw or Doodle	Wall Push-Up	Go Outside	5-4-3-2-1 Grounding
Talk to Trusted Person	Imagery	Squeeze a Stress Ball or Fidget	Touch Points	5-Finger Breathing
Ask for Help	Zones Check-In	FREE SPACE	Journal	Listen to Music
Drink Cold Water	Desk Rest	Infinity Breathing	Pressure Points	Take a Mindful Walk
Hold Ice	Tense & Relax	Square Breathing	Stretch It Out	Palm Press

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Bingo Card ID 006

Coping Skills Bingo

Mindful Listening	Ask for Help	Take a Mindful Walk	Desk Rest	Drink Cold Water
Go Outside	Squeeze a Stress Ball or Fidget	Palm Press	Talk to Trusted Person	Pressure Points
5-4-3-2-1 Grounding	Listen to Music	FREE SPACE	Square Breathing	Stretch It Out
Imagery	Tense & Relax	Wall Push-Up	Zones Check-In	Journal
Infinity Breathing	Draw or Doodle	Touch Points	5-Finger Breathing	Hold Ice

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Bingo Card ID 007

Coping Skills Bingo

Zones Check-In	Desk Rest	Tense & Relax	Square Breathing	Talk to Trusted Person
Hold Ice	Squeeze a Stress Ball or Fidget	Drink Cold Water	Listen to Music	Pressure Points
Go Outside	Stretch It Out	FREE SPACE	Journal	5-Finger Breathing
Mindful Listening	Palm Press	Infinity Breathing	5-4-3-2-1 Grounding	Wall Push-Up
Imagery	Take a Mindful Walk	Draw or Doodle	Ask for Help	Touch Points

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Bingo Card ID 008

Coping Skills Bingo

Zones Check-In	Take a Mindful Walk	Imagery	Journal	5-4-3-2-1 Grounding
Desk Rest	5-Finger Breathing	Wall Push-Up	Mindful Listening	Draw or Doodle
Talk to Trusted Person	Stretch It Out	FREE SPACE	Pressure Points	Go Outside
Ask for Help	Touch Points	Drink Cold Water	Square Breathing	Listen to Music
Squeeze a Stress Ball or Fidget	Infinity Breathing	Hold Ice	Palm Press	Tense & Relax

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Imagery	Infinity Breathing	Palm Press	5-Finger Breathing	Tense & Relax
Mindful Listening	Draw or Doodle	Drink Cold Water	Listen to Music	Take a Mindful Walk
Stretch It Out	Pressure Points	FREE SPACE	Zones Check-In	Go Outside
Squeeze a Stress Ball or Fidget	Hold Ice	Touch Points	Square Breathing	Desk Rest
Journal	Talk to Trusted Person	Ask for Help	5-4-3-2-1 Grounding	Wall Push-Up

Coping Skills Bingo

Square Breathing	Wall Push-Up	Tense & Relax	Ask for Help	Desk Rest
Squeeze a Stress Ball or Fidget	Hold Ice	Go Outside	5-Finger Breathing	5-4-3-2-1 Grounding
Palm Press	Talk to Trusted Person	FREE SPACE	Infinity Breathing	Take a Mindful Walk
Mindful Listening	Zones Check-In	Listen to Music	Touch Points	Draw or Doodle
Stretch It Out	Journal	Imagery	Drink Cold Water	Pressure Points

Bingo Card ID 011

Coping Skills Bingo

Ask for Help	Touch Points	5-Finger Breathing	Take a Mindful Walk	Drink Cold Water
Pressure Points	Imagery	Mindful Listening	Talk to Trusted Person	Hold Ice
Palm Press	Square Breathing	FREE SPACE	Zones Check-In	Listen to Music
Squeeze a Stress Ball or Fidget	Stretch It Out	Tense & Relax	Desk Rest	Wall Push-Up
5-4-3-2-1 Grounding	Go Outside	Draw or Doodle	Journal	Infinity Breathing

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Bingo Card ID 012

Coping Skills Bingo

Pressure Points	Hold Ice	Squeeze a Stress Ball or Fidget	Ask for Help	Go Outside
Infinity Breathing	Palm Press	Journal	Touch Points	Drink Cold Water
Listen to Music	Talk to Trusted Person	FREE SPACE	5-Finger Breathing	Zones Check-In
Mindful Listening	Take a Mindful Walk	Wall Push-Up	Imagery	Desk Rest
5-4-3-2-1 Grounding	Stretch It Out	Square Breathing	Draw or Doodle	Tense & Relax

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Coping Skills Bingo

Talk to Trusted Person	Imagery	Draw or Doodle	Infinity Breathing	Palm Press
Desk Rest	Drink Cold Water	Zones Check-In	Pressure Points	Tense & Relax
Take a Mindful Walk	Squeeze a Stress Ball or Fidget	FREE SPACE	Go Outside	Hold Ice
5-4-3-2-1 Grounding	Square Breathing	5-Finger Breathing	Journal	Ask for Help
Wall Push-Up	Listen to Music	Mindful Listening	Touch Points	Stretch It Out

Coping Skills Bingo

Infinity Breathing	Draw or Doodle	Listen to Music	Palm Press	Desk Rest
Talk to Trusted Person	Stretch It Out	Journal	Pressure Points	Go Outside
Touch Points	5-4-3-2-1 Grounding	FREE SPACE	Squeeze a Stress Ball or Fidget	Mindful Listening
Square Breathing	5-Finger Breathing	Wall Push-Up	Drink Cold Water	Tense & Relax
Take a Mindful Walk	Zones Check-In	Imagery	Hold Ice	Ask for Help

Bingo Card ID 015

Coping Skills Bingo

Hold Ice	Imagery	Mindful Listening	Squeeze a Stress Ball or Fidget	Ask for Help
Stretch It Out	Wall Push-Up	Palm Press	Drink Cold Water	5-Finger Breathing
Pressure Points	Draw or Doodle	FREE SPACE	Tense & Relax	Talk to Trusted Person
Journal	Take a Mindful Walk	Zones Check-In	Go Outside	5-4-3-2-1 Grounding
Touch Points	Desk Rest	Square Breathing	Listen to Music	Infinity Breathing

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Bingo Card ID 016

Coping Skills Bingo

Pressure Points	Listen to Music	5-Finger Breathing	Zones Check-In	Go Outside
Wall Push-Up	Touch Points	Talk to Trusted Person	Palm Press	Stretch It Out
Square Breathing	5-4-3-2-1 Grounding	FREE SPACE	Mindful Listening	Infinity Breathing
Squeeze a Stress Ball or Fidget	Take a Mindful Walk	Journal	Imagery	Tense & Relax
Draw or Doodle	Hold Ice	Ask for Help	Drink Cold Water	Desk Rest

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Bingo Card ID 017

Coping Skills Bingo

Mindful Listening	Pressure Points	Drink Cold Water	Zones Check-In	Draw or Doodle
Tense & Relax	Ask for Help	Hold Ice	Infinity Breathing	Imagery
Palm Press	5-4-3-2-1 Grounding	FREE SPACE	Journal	Listen to Music
Squeeze a Stress Ball or Fidget	Desk Rest	Touch Points	Square Breathing	Stretch It Out
Take a Mindful Walk	Wall Push-Up	5-Finger Breathing	Talk to Trusted Person	Go Outside

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Bingo Card ID 018

Coping Skills Bingo

Listen to Music	Ask for Help	5-4-3-2-1 Grounding	Draw or Doodle	Talk to Trusted Person
Palm Press	Take a Mindful Walk	Pressure Points	Square Breathing	Stretch It Out
Wall Push-Up	Mindful Listening	FREE SPACE	Journal	Infinity Breathing
Imagery	Tense & Relax	Go Outside	Hold Ice	Drink Cold Water
Desk Rest	5-Finger Breathing	Squeeze a Stress Ball or Fidget	Touch Points	Zones Check-In

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Coping Skills Bingo

Go Outside	Journal	Infinity Breathing	Desk Rest	Listen to Music
Imagery	Draw or Doodle	Square Breathing	Palm Press	Stretch It Out
Take a Mindful Walk	Zones Check-In	FREE SPACE	Drink Cold Water	Tense & Relax
Squeeze a Stress Ball or Fidget	Hold Ice	5-Finger Breathing	Talk to Trusted Person	5-4-3-2-1 Grounding
Mindful Listening	Touch Points	Pressure Points	Wall Push-Up	Ask for Help

Coping Skills Bingo

Palm Press	Tense & Relax	Go Outside	Pressure Points	5-4-3-2-1 Grounding
Squeeze a Stress Ball or Fidget	Square Breathing	Hold Ice	Mindful Listening	Ask for Help
Touch Points	Journal	FREE SPACE	Listen to Music	Imagery
Talk to Trusted Person	Desk Rest	Wall Push-Up	Zones Check-In	Stretch It Out
5-Finger Breathing	Drink Cold Water	Draw or Doodle	Infinity Breathing	Take a Mindful Walk

Bingo Card ID 021

Coping Skills Bingo

Tense & Relax	Square Breathing	Hold Ice	Pressure Points	Take a Mindful Walk
Stretch It Out	Mindful Listening	Wall Push-Up	5-Finger Breathing	Draw or Doodle
Desk Rest	Drink Cold Water	FREE SPACE	Zones Check-In	Infinity Breathing
Squeeze a Stress Ball or Fidget	Talk to Trusted Person	5-4-3-2-1 Grounding	Palm Press	Listen to Music
Go Outside	Ask for Help	Journal	Touch Points	Imagery

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Bingo Card ID 022

Coping Skills Bingo

Listen to Music	5-4-3-2-1 Grounding	Draw or Doodle	Infinity Breathing	Square Breathing
Mindful Listening	Squeeze a Stress Ball or Fidget	Ask for Help	5-Finger Breathing	Talk to Trusted Person
Zones Check-In	Imagery	FREE SPACE	Journal	Take a Mindful Walk
Touch Points	Desk Rest	Palm Press	Tense & Relax	Hold Ice
Drink Cold Water	Wall Push-Up	Stretch It Out	Pressure Points	Go Outside

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Bingo Card ID 023

Coping Skills Bingo

Journal	Infinity Breathing	5-4-3-2-1 Grounding	Desk Rest	Squeeze a Stress Ball or Fidget
Tense & Relax	Stretch It Out	Zones Check-In	Imagery	Talk to Trusted Person
Wall Push-Up	Listen to Music	FREE SPACE	Hold Ice	Go Outside
Palm Press	Touch Points	Square Breathing	Pressure Points	Draw or Doodle
Drink Cold Water	5-Finger Breathing	Take a Mindful Walk	Ask for Help	Mindful Listening

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Bingo Card ID 024

Coping Skills Bingo

Go Outside	Touch Points	Stretch It Out	Ask for Help	Square Breathing
Journal	Pressure Points	Mindful Listening	Wall Push-Up	Draw or Doodle
Hold Ice	Palm Press	FREE SPACE	Imagery	Listen to Music
Squeeze a Stress Ball or Fidget	5-4-3-2-1 Grounding	Desk Rest	Infinity Breathing	Drink Cold Water
Take a Mindful Walk	Tense & Relax	5-Finger Breathing	Talk to Trusted Person	Zones Check-In

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Coping Skills Bingo

Palm Press	Stretch It Out	Wall Push-Up	Draw or Doodle	Desk Rest
Listen to Music	Imagery	5-4-3-2-1 Grounding	Infinity Breathing	Zones Check-In
Journal	Pressure Points	FREE SPACE	Ask for Help	Tense & Relax
Talk to Trusted Person	Touch Points	Drink Cold Water	Take a Mindful Walk	Hold Ice
Square Breathing	Mindful Listening	5-Finger Breathing	Go Outside	Squeeze a Stress Ball or Fidget

Coping Skills Bingo

5-4-3-2-1 Grounding	Hold Ice	Infinity Breathing	Talk to Trusted Person	Go Outside
5-Finger Breathing	Listen to Music	Zones Check-In	Tense & Relax	Journal
Draw or Doodle	Squeeze a Stress Ball or Fidget	FREE SPACE	Desk Rest	Mindful Listening
Square Breathing	Stretch It Out	Touch Points	Palm Press	Pressure Points
Take a Mindful Walk	Imagery	Ask for Help	Drink Cold Water	Wall Push-Up

Bingo Card ID 027

Coping Skills Bingo

Zones Check-In	Hold Ice	Mindful Listening	Palm Press	Wall Push-Up
5-Finger Breathing	Tense & Relax	5-4-3-2-1 Grounding	Draw or Doodle	Touch Points
Listen to Music	Stretch It Out	FREE SPACE	Desk Rest	Imagery
Take a Mindful Walk	Pressure Points	Square Breathing	Infinity Breathing	Journal
Ask for Help	Squeeze a Stress Ball or Fidget	Talk to Trusted Person	Go Outside	Drink Cold Water

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Bingo Card ID 028

Coping Skills Bingo

Zones Check-In	Journal	Take a Mindful Walk	Go Outside	Squeeze a Stress Ball or Fidget
Wall Push-Up	Touch Points	Tense & Relax	5-4-3-2-1 Grounding	Stretch It Out
Pressure Points	Talk to Trusted Person	FREE SPACE	Desk Rest	Infinity Breathing
Imagery	Draw or Doodle	Ask for Help	Palm Press	Hold Ice
Drink Cold Water	Listen to Music	5-Finger Breathing	Square Breathing	Mindful Listening

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Bingo Card ID 029

Coping Skills Bingo

Journal	Ask for Help	Touch Points	5-4-3-2-1 Grounding	Draw or Doodle
Hold Ice	5-Finger Breathing	Desk Rest	Listen to Music	Palm Press
Imagery	Pressure Points	FREE SPACE	Wall Push-Up	Stretch It Out
Go Outside	Talk to Trusted Person	Tense & Relax	Zones Check-In	Drink Cold Water
Squeeze a Stress Ball or Fidget	Square Breathing	Take a Mindful Walk	Infinity Breathing	Mindful Listening

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Bingo Card ID 030

Coping Skills Bingo

Square Breathing	Hold Ice	5-Finger Breathing	Go Outside	Wall Push-Up
Tense & Relax	Drink Cold Water	Pressure Points	Zones Check-In	Journal
Take a Mindful Walk	Palm Press	FREE SPACE	Mindful Listening	Draw or Doodle
Ask for Help	Listen to Music	Talk to Trusted Person	Stretch It Out	Infinity Breathing
Desk Rest	Touch Points	5-4-3-2-1 Grounding	Squeeze a Stress Ball or Fidget	Imagery

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