

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/fx6hgs

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/fag> 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/fx6hgs

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/fx6hgs

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.

Get Help	Music	Pop bubble wrap	Quiet Space	Write a story or poem	Sing	Stress Ball
Draw	Talk to a friend	Eat Healthy	Paint	Do something different	Talk to someone	Yoga
10 deep breaths	Read	Exercise	Watch a funny movie	Go outside	Quiet space	Walk away
Do something kind	Ride a bike	Get Rest	Play a Game			

Coping Skills Bingo

Stress Ball	Do something kind	Pop bubble wrap	Exercise	Read
Paint	Ride a bike	Talk to a friend	Quiet space	Eat Healthy
Talk to someone	Get Help	FREE SPACE	Watch a funny movie	Do something different
Write a story or poem	Go outside	10 deep breaths	Play a Game	Yoga
Music	Get Rest	Draw	Sing	Quiet Space

Coping Skills Bingo

Talk to a friend	Quiet Space	Ride a bike	Stress Ball	Go outside
Paint	Get Help	Sing	Talk to someone	Exercise
Write a story or poem	Music	FREE SPACE	Draw	Do something different
Play a Game	Eat Healthy	Do something kind	Watch a funny movie	10 deep breaths
Pop bubble wrap	Read	Get Rest	Walk away	Quiet space

Coping Skills Bingo

Sing	Quiet space	Talk to a friend	Music	Play a Game
Walk away	Exercise	Yoga	Do something kind	Watch a funny movie
Get Help	Quiet Space	FREE SPACE	Stress Ball	Do something different
Ride a bike	Get Rest	Talk to someone	10 deep breaths	Go outside
Write a story or poem	Read	Pop bubble wrap	Paint	Eat Healthy

Coping Skills Bingo

Watch a funny movie	Pop bubble wrap	Talk to someone	Eat Healthy	Quiet Space
Do something different	Quiet space	Read	Write a story or poem	Talk to a friend
Stress Ball	Sing	FREE SPACE	Yoga	Get Help
Draw	Music	Go outside	Exercise	Walk away
Paint	Ride a bike	Do something kind	Play a Game	10 deep breaths

Coping Skills Bingo

Pop bubble wrap	Eat Healthy	Watch a funny movie	Get Help	10 deep breaths
Go outside	Talk to a friend	Ride a bike	Do something different	Walk away
Yoga	Do something kind	FREE SPACE	Write a story or poem	Paint
Play a Game	Exercise	Draw	Quiet space	Music
Stress Ball	Get Rest	Talk to someone	Sing	Quiet Space

Coping Skills Bingo

Pop bubble wrap	Do something kind	Stress Ball	Exercise	Yoga
Draw	Ride a bike	Get Help	Quiet Space	Talk to a friend
Quiet space	10 deep breaths	FREE SPACE	Sing	Read
Play a Game	Go outside	Talk to someone	Watch a funny movie	Write a story or poem
Paint	Music	Walk away	Eat Healthy	Do something different

Coping Skills Bingo

Write a story or poem	Draw	Read	Talk to someone	Yoga
Get Rest	Talk to a friend	Ride a bike	Exercise	Play a Game
Get Help	Sing	FREE SPACE	Paint	Do something different
Quiet space	Pop bubble wrap	Quiet Space	Music	10 deep breaths
Watch a funny movie	Stress Ball	Go outside	Eat Healthy	Walk away

Coping Skills Bingo

Write a story or poem	Stress Ball	Go outside	Paint	10 deep breaths
Draw	Watch a funny movie	Do something different	Pop bubble wrap	Eat Healthy
Talk to a friend	Sing	FREE SPACE	Quiet space	Get Help
Exercise	Walk away	Do something kind	Yoga	Play a Game
Read	Music	Get Rest	Ride a bike	Quiet Space

Coping Skills Bingo

Go outside	Music	Quiet Space	Talk to someone	Do something different
Pop bubble wrap	Eat Healthy	Exercise	Play a Game	Stress Ball
Sing	Quiet space	FREE SPACE	Write a story or poem	Get Help
Ride a bike	Walk away	Get Rest	Read	Draw
Paint	10 deep breaths	Talk to a friend	Do something kind	Yoga

Coping Skills Bingo

Watch a funny movie	Talk to someone	Read	Do something kind	Draw
Ride a bike	Get Rest	Get Help	Do something different	10 deep breaths
Quiet Space	Yoga	FREE SPACE	Stress Ball	Music
Talk to a friend	Play a Game	Write a story or poem	Pop bubble wrap	Walk away
Eat Healthy	Paint	Sing	Go outside	Exercise

Coping Skills Bingo

Do something kind	Walk away	Stress Ball	Do something different	Exercise
Quiet space	Go outside	Pop bubble wrap	Quiet Space	Talk to a friend
Get Rest	Write a story or poem	FREE SPACE	Read	Yoga
Play a Game	Ride a bike	Sing	Talk to someone	Draw
Watch a funny movie	10 deep breaths	Get Help	Eat Healthy	Paint

Coping Skills Bingo

Ride a bike	Get Rest	Quiet space	Do something kind	Get Help
Music	Quiet Space	Paint	Walk away	Exercise
Play a Game	Talk to a friend	FREE SPACE	Do something different	Yoga
Write a story or poem	Pop bubble wrap	Watch a funny movie	Stress Ball	Go outside
Draw	10 deep breaths	Sing	Read	Talk to someone

Coping Skills Bingo

Talk to a friend	Yoga	Eat Healthy	Go outside	Music
Quiet Space	Draw	Exercise	Write a story or poem	Quiet space
Ride a bike	Talk to someone	FREE SPACE	Stress Ball	Get Help
Get Rest	10 deep breaths	Read	Do something different	Paint
Watch a funny movie	Do something kind	Play a Game	Pop bubble wrap	Walk away

Coping Skills Bingo

Music	Yoga	Eat Healthy	Play a Game	Quiet Space
Draw	Talk to a friend	Sing	Paint	Quiet space
Get Help	Walk away	FREE SPACE	Ride a bike	10 deep breaths
Pop bubble wrap	Read	Do something different	Watch a funny movie	Exercise
Talk to someone	Stress Ball	Write a story or poem	Go outside	Get Rest

Coping Skills Bingo

Get Rest	Go outside	Pop bubble wrap	Ride a bike	Do something kind
Sing	Watch a funny movie	Quiet Space	Exercise	Do something different
Quiet space	Eat Healthy	FREE SPACE	Talk to someone	Talk to a friend
Stress Ball	Yoga	Paint	Get Help	Write a story or poem
10 deep breaths	Walk away	Draw	Read	Play a Game

Coping Skills Bingo

Do something different	Quiet space	Play a Game	Write a story or poem	Get Help
Watch a funny movie	Walk away	Talk to a friend	Yoga	Quiet Space
Sing	Read	FREE SPACE	10 deep breaths	Pop bubble wrap
Music	Ride a bike	Stress Ball	Paint	Go outside
Talk to someone	Eat Healthy	Get Rest	Do something kind	Exercise

Coping Skills Bingo

Pop bubble wrap	Quiet space	Exercise	Write a story or poem	Yoga
Eat Healthy	Get Rest	Do something kind	Talk to someone	Go outside
Music	Quiet Space	FREE SPACE	10 deep breaths	Paint
Ride a bike	Play a Game	Draw	Walk away	Read
Sing	Stress Ball	Watch a funny movie	Do something different	Get Help

Coping Skills Bingo

Play a Game	Do something kind	10 deep breaths	Eat Healthy	Talk to a friend
Quiet Space	Stress Ball	Quiet space	Read	Sing
Watch a funny movie	Pop bubble wrap	FREE SPACE	Paint	Music
Go outside	Talk to someone	Get Help	Get Rest	Exercise
Draw	Do something different	Ride a bike	Walk away	Write a story or poem

Coping Skills Bingo

Get Help	Paint	Yoga	Play a Game	Music
Draw	Go outside	Eat Healthy	Quiet Space	Read
Sing	Write a story or poem	FREE SPACE	Stress Ball	Exercise
Talk to someone	Ride a bike	Get Rest	Talk to a friend	Do something different
10 deep breaths	Pop bubble wrap	Walk away	Quiet space	Watch a funny movie

Coping Skills Bingo

Quiet Space	Talk to someone	Get Help	Quiet space	10 deep breaths
Ride a bike	Read	Get Rest	Pop bubble wrap	Do something kind
Yoga	Walk away	FREE SPACE	Paint	Play a Game
Go outside	Talk to a friend	Draw	Watch a funny movie	Write a story or poem
Sing	Do something different	Exercise	Eat Healthy	Music

Coping Skills Bingo

Talk to someone	Read	Quiet space	Get Rest	Stress Ball
Sing	Pop bubble wrap	Watch a funny movie	Eat Healthy	Do something different
Draw	Exercise	FREE SPACE	Write a story or poem	Yoga
Music	Ride a bike	Talk to a friend	10 deep breaths	Quiet Space
Play a Game	Get Help	Do something kind	Paint	Walk away

Coping Skills Bingo

Play a Game	10 deep breaths	Eat Healthy	Music	Read
Pop bubble wrap	Ride a bike	Do something kind	Go outside	Do something different
Write a story or poem	Talk to a friend	FREE SPACE	Walk away	Paint
Stress Ball	Draw	Quiet Space	Talk to someone	Exercise
Get Rest	Watch a funny movie	Yoga	Sing	Quiet space

Coping Skills Bingo

Paint	Music	10 deep breaths	Ride a bike	Draw
Talk to someone	Write a story or poem	Sing	Watch a funny movie	Go outside
Talk to a friend	Play a Game	FREE SPACE	Get Help	Get Rest
Yoga	Quiet Space	Walk away	Read	Quiet space
Eat Healthy	Exercise	Stress Ball	Do something different	Do something kind

Coping Skills Bingo

Walk away	Sing	Get Help	Do something kind	Paint
Read	Quiet space	Yoga	Watch a funny movie	Pop bubble wrap
Quiet Space	Get Rest	FREE SPACE	Eat Healthy	Play a Game
Go outside	Ride a bike	10 deep breaths	Draw	Music
Exercise	Stress Ball	Talk to someone	Do something different	Talk to a friend

Coping Skills Bingo

Sing	Quiet Space	Watch a funny movie	Eat Healthy	Draw
Go outside	Play a Game	10 deep breaths	Music	Write a story or poem
Paint	Quiet space	FREE SPACE	Do something kind	Talk to someone
Walk away	Talk to a friend	Yoga	Exercise	Stress Ball
Read	Get Rest	Pop bubble wrap	Ride a bike	Do something different

Coping Skills Bingo

10 deep breaths	Get Rest	Music	Talk to a friend	Get Help
Do something different	Write a story or poem	Play a Game	Talk to someone	Paint
Eat Healthy	Ride a bike	FREE SPACE	Pop bubble wrap	Draw
Read	Sing	Walk away	Quiet Space	Yoga
Quiet space	Stress Ball	Go outside	Do something kind	Exercise

Coping Skills Bingo

Pop bubble wrap	Get Rest	Write a story or poem	Watch a funny movie	Quiet Space
Talk to someone	Do something different	10 deep breaths	Yoga	Walk away
Eat Healthy	Sing	FREE SPACE	Play a Game	Draw
Stress Ball	Go outside	Read	Quiet space	Music
Paint	Do something kind	Ride a bike	Talk to a friend	Exercise

Coping Skills Bingo

Paint	Stress Ball	Write a story or poem	Ride a bike	Get Help
Talk to someone	Walk away	Watch a funny movie	10 deep breaths	Quiet space
Draw	Sing	FREE SPACE	Talk to a friend	Music
Go outside	Eat Healthy	Do something kind	Get Rest	Exercise
Quiet Space	Yoga	Read	Do something different	Play a Game

Coping Skills Bingo

Paint	Do something kind	Walk away	10 deep breaths	Eat Healthy
Get Rest	Do something different	Draw	Play a Game	Go outside
Quiet Space	Quiet space	FREE SPACE	Yoga	Watch a funny movie
Get Help	Sing	Talk to a friend	Talk to someone	Exercise
Write a story or poem	Read	Ride a bike	Stress Ball	Music

Coping Skills Bingo

Read	Get Rest	Do something different	Get Help	Watch a funny movie
Exercise	Quiet space	Talk to someone	Paint	Write a story or poem
Stress Ball	Quiet Space	FREE SPACE	Pop bubble wrap	Eat Healthy
Do something kind	Play a Game	Talk to a friend	Sing	Music
Draw	10 deep breaths	Walk away	Ride a bike	Go outside