

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/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/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 |