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/jndhc

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/jndhc

Edit and Create

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

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.

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

Bingo Card ID 001

Coping Skills Bingo

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

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Bingo Card ID 002

Coping Skills Bingo

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

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Bingo Card ID 003

Coping Skills Bingo

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

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Bingo Card ID 004

Coping Skills Bingo

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

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Bingo Card ID 005

Coping Skills Bingo

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

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Bingo Card ID 006

Coping Skills Bingo

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

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Bingo Card ID 007

Coping Skills Bingo

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

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Bingo Card ID 008

Coping Skills Bingo

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

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Bingo Card ID 009

Coping Skills Bingo

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

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Bingo Card ID 010

Coping Skills Bingo

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

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Bingo Card ID 011

Coping Skills Bingo

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

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Bingo Card ID 012

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

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Bingo Card ID 013

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

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Bingo Card ID 014

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

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Bingo Card ID 015

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

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Bingo Card ID 016

Coping Skills Bingo

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

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Bingo Card ID 017

Coping Skills Bingo

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

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Bingo Card ID 018

Coping Skills Bingo

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

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Bingo Card ID 019

Coping Skills Bingo

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

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Bingo Card ID 020

Coping Skills Bingo

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

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Bingo Card ID 021

Coping Skills Bingo

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

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Bingo Card ID 022

Coping Skills Bingo

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

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Bingo Card ID 023

Coping Skills Bingo

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

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Bingo Card ID 024

Coping Skills Bingo

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

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Bingo Card ID 025

Coping Skills Bingo

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

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Bingo Card ID 026

Coping Skills Bingo

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

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Bingo Card ID 027

Coping Skills Bingo

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

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Bingo Card ID 028

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

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Bingo Card ID 029

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

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Bingo Card ID 030

Coping Skills Bingo

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

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