

# 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/spvt4u](https://mfbc.us/e/spvt4u)

## 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](https://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/spvt4u](https://mfbc.us/s/spvt4u)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/spvt4u](https://mfbc.us/e/spvt4u)

Go to [myfreebingocards.com/bingo-card-generator](https://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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

PLAY CARDS	USE A STRESS BALL	DANCE	EXERCISE	LISTEN TO MUSIC	USE POSITIVE SELF-TALK	THINK HAPPY THOUGHTS
TIME OUT	GO OUTSIDE	READ	JUMP ROPE	TRY SOMETHING NEW	HOBBY	PRAY/MEDITATE
TAKE A SHOWER/BATH	CRY	SING A SONG	PLAY WITH A PET	JOURNAL	YOGA	COOK
CLEAN	WALK/RUN	NAP				

Bingo Card ID 001

# COPING SKILLS

TIME OUT	CRY	PLAY WITH A PET	GO OUTSIDE	SING A SONG
NAP	READ	TRY SOMETHING NEW	TAKE A SHOWER/BATH	EXERCISE
USE A STRESS BALL	WALK/RUN	FREE SPACE	HOBBY	COOK
YOGA	JUMP ROPE	PLAY CARDS	CLEAN	LISTEN TO MUSIC
JOURNAL	DANCE	PRAY/MEDITATE	THINK HAPPY THOUGHTS	USE POSITIVE SELF-TALK

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Bingo Card ID 002

# COPING SKILLS

TRY SOMETHING NEW	TAKE A SHOWER/BATH	PRAY/MEDITATE	TIME OUT	JUMP ROPE
NAP	HOBBY	THINK HAPPY THOUGHTS	USE A STRESS BALL	GO OUTSIDE
YOGA	LISTEN TO MUSIC	FREE SPACE	DANCE	PLAY CARDS
COOK	EXERCISE	CRY	WALK/RUN	CLEAN
SING A SONG	JOURNAL	PLAY WITH A PET	READ	USE POSITIVE SELF-TALK

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Bingo Card ID 003

# COPING SKILLS

THINK HAPPY THOUGHTS	READ	TRY SOMETHING NEW	LISTEN TO MUSIC	PLAY CARDS
USE POSITIVE SELF- TALK	GO OUTSIDE	HOBBY	PRAY/MEDITATE	WALK/RUN
CRY	TIME OUT	FREE SPACE	COOK	JOURNAL
TAKE A SHOWER/BATH	JUMP ROPE	USE A STRESS BALL	CLEAN	YOGA
SING A SONG	PLAY WITH A PET	NAP	EXERCISE	DANCE

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Bingo Card ID 004

# COPING SKILLS

WALK/RUN	PLAY WITH A PET	USE A STRESS BALL	EXERCISE	PRAY/MEDITATE
COOK	READ	SING A SONG	YOGA	THINK HAPPY THOUGHTS
HOBBY	TIME OUT	FREE SPACE	TRY SOMETHING NEW	DANCE
LISTEN TO MUSIC	JUMP ROPE	GO OUTSIDE	USE POSITIVE SELF- TALK	NAP
TAKE A SHOWER/BATH	CRY	PLAY CARDS	CLEAN	JOURNAL

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Bingo Card ID 005

# COPING SKILLS

PLAY WITH A PET	EXERCISE	WALK/RUN	HOBBY	CLEAN
TRY SOMETHING NEW	JUMP ROPE	TAKE A SHOWER/BATH	USE POSITIVE SELF-TALK	COOK
CRY	YOGA	FREE SPACE	NAP	PLAY CARDS
GO OUTSIDE	DANCE	LISTEN TO MUSIC	READ	TIME OUT
JOURNAL	USE A STRESS BALL	SING A SONG	THINK HAPPY THOUGHTS	PRAY/MEDITATE

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Bingo Card ID 006

# COPING SKILLS

PLAY WITH A PET	CRY	TIME OUT	DANCE	GO OUTSIDE
HOBBY	TAKE A SHOWER/BATH	PRAY/MEDITATE	TRY SOMETHING NEW	READ
CLEAN	PLAY CARDS	FREE SPACE	SING A SONG	THINK HAPPY THOUGHTS
JUMP ROPE	USE A STRESS BALL	WALK/RUN	YOGA	NAP
LISTEN TO MUSIC	EXERCISE	USE POSITIVE SELF-TALK	COOK	JOURNAL

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Bingo Card ID 007

# COPING SKILLS

YOGA	DANCE	USE A STRESS BALL	SING A SONG	TRY SOMETHING NEW
JOURNAL	TAKE A SHOWER/BATH	GO OUTSIDE	PLAY CARDS	READ
HOBBY	THINK HAPPY THOUGHTS	FREE SPACE	NAP	COOK
PLAY WITH A PET	PRAY/MEDITATE	LISTEN TO MUSIC	CLEAN	WALK/RUN
JUMP ROPE	TIME OUT	EXERCISE	CRY	USE POSITIVE SELF-TALK

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Bingo Card ID 008

# COPING SKILLS

YOGA	TIME OUT	JUMP ROPE	NAP	CLEAN
DANCE	COOK	WALK/RUN	PLAY WITH A PET	EXERCISE
TRY SOMETHING NEW	THINK HAPPY THOUGHTS	FREE SPACE	READ	HOBBY
CRY	USE POSITIVE SELF-TALK	GO OUTSIDE	SING A SONG	PLAY CARDS
TAKE A SHOWER/BATH	LISTEN TO MUSIC	JOURNAL	PRAY/MEDITATE	USE A STRESS BALL

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Bingo Card ID 009

# COPING SKILLS

JUMP ROPE	LISTEN TO MUSIC	PRAY/MEDITATE	COOK	USE A STRESS BALL
PLAY WITH A PET	EXERCISE	GO OUTSIDE	PLAY CARDS	TIME OUT
THINK HAPPY THOUGHTS	READ	FREE SPACE	YOGA	HOBBY
TAKE A SHOWER/BATH	JOURNAL	USE POSITIVE SELF-TALK	SING A SONG	DANCE
NAP	TRY SOMETHING NEW	CRY	CLEAN	WALK/RUN

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Bingo Card ID 010

# COPING SKILLS

SING A SONG	WALK/RUN	USE A STRESS BALL	CRY	DANCE
TAKE A SHOWER/BATH	JOURNAL	HOBBY	COOK	CLEAN
PRAY/MEDITATE	TRY SOMETHING NEW	FREE SPACE	LISTEN TO MUSIC	TIME OUT
PLAY WITH A PET	YOGA	PLAY CARDS	USE POSITIVE SELF-TALK	EXERCISE
THINK HAPPY THOUGHTS	NAP	JUMP ROPE	GO OUTSIDE	READ

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Bingo Card ID 011

# COPING SKILLS

CRY	USE POSITIVE SELF-TALK	COOK	TIME OUT	GO OUTSIDE
READ	JUMP ROPE	PLAY WITH A PET	TRY SOMETHING NEW	JOURNAL
PRAY/MEDITATE	SING A SONG	FREE SPACE	YOGA	PLAY CARDS
TAKE A SHOWER/BATH	THINK HAPPY THOUGHTS	USE A STRESS BALL	DANCE	WALK/RUN
CLEAN	HOBBY	EXERCISE	NAP	LISTEN TO MUSIC

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Bingo Card ID 012

# COPING SKILLS

READ	JOURNAL	TAKE A SHOWER/BATH	CRY	HOBBY
LISTEN TO MUSIC	PRAY/MEDITATE	NAP	USE POSITIVE SELF-TALK	GO OUTSIDE
PLAY CARDS	TRY SOMETHING NEW	FREE SPACE	COOK	YOGA
PLAY WITH A PET	TIME OUT	WALK/RUN	JUMP ROPE	DANCE
CLEAN	THINK HAPPY THOUGHTS	SING A SONG	EXERCISE	USE A STRESS BALL

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Bingo Card ID 013

# COPING SKILLS

TRY SOMETHING NEW	JUMP ROPE	EXERCISE	LISTEN TO MUSIC	PRAY/MEDITATE
DANCE	GO OUTSIDE	YOGA	READ	USE A STRESS BALL
TIME OUT	TAKE A SHOWER/BATH	FREE SPACE	HOBBY	JOURNAL
CLEAN	SING A SONG	COOK	NAP	CRY
WALK/RUN	PLAY CARDS	PLAY WITH A PET	USE POSITIVE SELF-TALK	THINK HAPPY THOUGHTS

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Bingo Card ID 014

# COPING SKILLS

LISTEN TO MUSIC	EXERCISE	PLAY CARDS	PRAY/MEDITATE	DANCE
TRY SOMETHING NEW	THINK HAPPY THOUGHTS	NAP	READ	HOBBY
USE POSITIVE SELF-TALK	CLEAN	FREE SPACE	TAKE A SHOWER/BATH	PLAY WITH A PET
SING A SONG	COOK	WALK/RUN	GO OUTSIDE	USE A STRESS BALL
TIME OUT	YOGA	JUMP ROPE	JOURNAL	CRY

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Bingo Card ID 015

# COPING SKILLS

JOURNAL	JUMP ROPE	PLAY WITH A PET	TAKE A SHOWER/BATH	CRY
THINK HAPPY THOUGHTS	WALK/RUN	PRAY/MEDITATE	GO OUTSIDE	COOK
READ	EXERCISE	FREE SPACE	USE A STRESS BALL	TRY SOMETHING NEW
NAP	TIME OUT	YOGA	HOBBY	CLEAN
USE POSITIVE SELF-TALK	DANCE	SING A SONG	PLAY CARDS	LISTEN TO MUSIC

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Bingo Card ID 016

# COPING SKILLS

READ	PLAY CARDS	COOK	YOGA	HOBBY
WALK/RUN	USE POSITIVE SELF-TALK	TRY SOMETHING NEW	PRAY/MEDITATE	THINK HAPPY THOUGHTS
SING A SONG	CLEAN	FREE SPACE	PLAY WITH A PET	LISTEN TO MUSIC
TAKE A SHOWER/BATH	TIME OUT	NAP	JUMP ROPE	USE A STRESS BALL
EXERCISE	JOURNAL	CRY	GO OUTSIDE	DANCE

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# COPING SKILLS

PLAY WITH A PET	READ	GO OUTSIDE	YOGA	EXERCISE
USE A STRESS BALL	CRY	JOURNAL	LISTEN TO MUSIC	JUMP ROPE
PRAY/MEDITATE	CLEAN	FREE SPACE	NAP	PLAY CARDS
TAKE A SHOWER/BATH	DANCE	USE POSITIVE SELF-TALK	SING A SONG	THINK HAPPY THOUGHTS
TIME OUT	WALK/RUN	COOK	TRY SOMETHING NEW	HOBBY

# COPING SKILLS

PLAY CARDS	CRY	CLEAN	EXERCISE	TRY SOMETHING NEW
PRAY/MEDITATE	TIME OUT	READ	SING A SONG	THINK HAPPY THOUGHTS
WALK/RUN	PLAY WITH A PET	FREE SPACE	NAP	LISTEN TO MUSIC
JUMP ROPE	USE A STRESS BALL	HOBBY	JOURNAL	GO OUTSIDE
DANCE	COOK	TAKE A SHOWER/BATH	USE POSITIVE SELF-TALK	YOGA

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# COPING SKILLS

HOBBY	NAP	LISTEN TO MUSIC	DANCE	PLAY CARDS
JUMP ROPE	EXERCISE	SING A SONG	PRAY/MEDITATE	THINK HAPPY THOUGHTS
TIME OUT	YOGA	FREE SPACE	GO OUTSIDE	USE A STRESS BALL
TAKE A SHOWER/BATH	JOURNAL	COOK	TRY SOMETHING NEW	CLEAN
PLAY WITH A PET	USE POSITIVE SELF-TALK	READ	WALK/RUN	CRY

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Bingo Card ID 020

# COPING SKILLS

PRAY/MEDITATE	USE A STRESS BALL	HOBBY	READ	CLEAN
TAKE A SHOWER/BATH	SING A SONG	JOURNAL	PLAY WITH A PET	CRY
USE POSITIVE SELF-TALK	NAP	FREE SPACE	PLAY CARDS	JUMP ROPE
TRY SOMETHING NEW	DANCE	WALK/RUN	YOGA	THINK HAPPY THOUGHTS
COOK	GO OUTSIDE	EXERCISE	LISTEN TO MUSIC	TIME OUT

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Bingo Card ID 021

# COPING SKILLS

USE A STRESS BALL	SING A SONG	JOURNAL	READ	TIME OUT
THINK HAPPY THOUGHTS	PLAY WITH A PET	WALK/RUN	COOK	EXERCISE
DANCE	GO OUTSIDE	FREE SPACE	YOGA	LISTEN TO MUSIC
TAKE A SHOWER/BATH	TRY SOMETHING NEW	CLEAN	PRAY/MEDITATE	PLAY CARDS
HOBBY	CRY	NAP	USE POSITIVE SELF-TALK	JUMP ROPE

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Bingo Card ID 022

# COPING SKILLS

PLAY CARDS	CLEAN	EXERCISE	LISTEN TO MUSIC	SING A SONG
PLAY WITH A PET	TAKE A SHOWER/BATH	CRY	COOK	TRY SOMETHING NEW
YOGA	JUMP ROPE	FREE SPACE	NAP	TIME OUT
USE POSITIVE SELF-TALK	DANCE	PRAY/MEDITATE	USE A STRESS BALL	JOURNAL
GO OUTSIDE	WALK/RUN	THINK HAPPY THOUGHTS	READ	HOBBY

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Bingo Card ID 023

# COPING SKILLS

NAP	LISTEN TO MUSIC	CLEAN	DANCE	TAKE A SHOWER/BATH
USE A STRESS BALL	THINK HAPPY THOUGHTS	YOGA	JUMP ROPE	TRY SOMETHING NEW
WALK/RUN	PLAY CARDS	FREE SPACE	JOURNAL	HOBBY
PRAY/MEDITATE	USE POSITIVE SELF-TALK	SING A SONG	READ	EXERCISE
GO OUTSIDE	COOK	TIME OUT	CRY	PLAY WITH A PET

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Bingo Card ID 024

# COPING SKILLS

HOBBY	USE POSITIVE SELF-TALK	THINK HAPPY THOUGHTS	CRY	SING A SONG
NAP	READ	PLAY WITH A PET	WALK/RUN	EXERCISE
JOURNAL	PRAY/MEDITATE	FREE SPACE	JUMP ROPE	PLAY CARDS
TAKE A SHOWER/BATH	CLEAN	DANCE	LISTEN TO MUSIC	GO OUTSIDE
TIME OUT	USE A STRESS BALL	COOK	TRY SOMETHING NEW	YOGA

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Bingo Card ID 025

# COPING SKILLS

PRAY/MEDITATE	THINK HAPPY THOUGHTS	WALK/RUN	EXERCISE	DANCE
PLAY CARDS	JUMP ROPE	CLEAN	LISTEN TO MUSIC	YOGA
NAP	READ	FREE SPACE	CRY	USE A STRESS BALL
TRY SOMETHING NEW	USE POSITIVE SELF-TALK	GO OUTSIDE	TIME OUT	JOURNAL
SING A SONG	PLAY WITH A PET	COOK	HOBBY	TAKE A SHOWER/BATH

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Bingo Card ID 026

# COPING SKILLS

CLEAN	JOURNAL	LISTEN TO MUSIC	TRY SOMETHING NEW	HOBBY
COOK	PLAY CARDS	YOGA	USE A STRESS BALL	NAP
EXERCISE	TAKE A SHOWER/BATH	FREE SPACE	DANCE	PLAY WITH A PET
SING A SONG	THINK HAPPY THOUGHTS	USE POSITIVE SELF-TALK	PRAY/MEDITATE	READ
TIME OUT	JUMP ROPE	CRY	GO OUTSIDE	WALK/RUN

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Bingo Card ID 027

# COPING SKILLS

YOGA	JOURNAL	PLAY WITH A PET	PRAY/MEDITATE	WALK/RUN
COOK	USE A STRESS BALL	CLEAN	EXERCISE	USE POSITIVE SELF-TALK
PLAY CARDS	THINK HAPPY THOUGHTS	FREE SPACE	DANCE	JUMP ROPE
TIME OUT	READ	SING A SONG	LISTEN TO MUSIC	NAP
CRY	TAKE A SHOWER/BATH	TRY SOMETHING NEW	HOBBY	GO OUTSIDE

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Bingo Card ID 028

# COPING SKILLS

YOGA	NAP	TIME OUT	HOBBY	TAKE A SHOWER/BATH
WALK/RUN	USE POSITIVE SELF-TALK	USE A STRESS BALL	CLEAN	THINK HAPPY THOUGHTS
READ	TRY SOMETHING NEW	FREE SPACE	DANCE	LISTEN TO MUSIC
JUMP ROPE	EXERCISE	CRY	PRAY/MEDITATE	JOURNAL
GO OUTSIDE	PLAY CARDS	COOK	SING A SONG	PLAY WITH A PET

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# COPING SKILLS

NAP	CRY	USE POSITIVE SELF-TALK	CLEAN	EXERCISE
JOURNAL	COOK	DANCE	PLAY CARDS	PRAY/MEDITATE
JUMP ROPE	READ	FREE SPACE	WALK/RUN	THINK HAPPY THOUGHTS
HOBBY	TRY SOMETHING NEW	USE A STRESS BALL	YOGA	GO OUTSIDE
TAKE A SHOWER/BATH	SING A SONG	TIME OUT	LISTEN TO MUSIC	PLAY WITH A PET

# COPING SKILLS

SING A SONG	JOURNAL	COOK	HOBBY	WALK/RUN
USE A STRESS BALL	GO OUTSIDE	READ	YOGA	NAP
TIME OUT	PRAY/MEDITATE	FREE SPACE	PLAY WITH A PET	EXERCISE
CRY	PLAY CARDS	TRY SOMETHING NEW	THINK HAPPY THOUGHTS	LISTEN TO MUSIC
DANCE	USE POSITIVE SELF-TALK	CLEAN	TAKE A SHOWER/BATH	JUMP ROPE