

Coping Skills Bingo

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Play

Print off your bingo cards and start playing! If you can't get to a printer you can also play online - share this link with your friends: mfbc.us/m/jndhc and they can play on their mobiles or tablets.

On the next page is a sheet for the bingo caller that contains of all the words that appear on the cards.

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

| | | | | |
|-----------------------|-----------------|------------------|------------------------|-------------------|
| 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 | |

Coping Skills Bingo

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

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |