

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

## 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.

## Vitruual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have a tool on the website to send out links to individual bingo cards. For help go to <https://myfreebingocards.com/faq>.

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

## Edit and Create

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

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.

Take deep breaths	Watch a funny YouTube video	Practice yoga	Stand up and stretch	Take a walk	Write in a journal	Draw or scribble how you're feeling
Meditate	Listen to music	Go outside	Say something kind to yourself	Talk to a friend	Talk to a trusted adult	Read
Rip up a piece of paper	5-4-3-2-1 exercise	Tense and relax your muscles	Go on a run	Cry	Clean something	Squeeze a stress ball
Scream	Name the feeling	Ask for help	Drink tea	Mental Imagery	Sleep	

Bingo Card ID 001

## Coping Skills Bingo!

Squeeze a stress ball	Write in a journal	Clean something	Practice yoga	Drink tea
Say something kind to yourself	Mental Imagery	Stand up and stretch	Rip up a piece of paper	Scream
Draw or scribble how you're feeling	Take a walk	FREE SPACE	Talk to a friend	Go on a run
Ask for help	Listen to music	Talk to a trusted adult	Tense and relax your muscles	Watch a funny YouTube video
5-4-3-2-1 exercise	Name the feeling	Meditate	Go outside	Cry

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Bingo Card ID 002

## Coping Skills Bingo!

Stand up and stretch	Read	Scream	Watch a funny YouTube video	Squeeze a stress ball
Listen to music	Mental Imagery	Go on a run	Take a walk	Drink tea
Sleep	Talk to a trusted adult	FREE SPACE	Write in a journal	Cry
Meditate	Ask for help	Name the feeling	Draw or scribble how you're feeling	Clean something
Talk to a friend	Say something kind to yourself	Practice yoga	Go outside	5-4-3-2-1 exercise

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Bingo Card ID 003

# Coping Skills Bingo!

Sleep	Stand up and stretch	Rip up a piece of paper	Meditate	Name the feeling
Write in a journal	Watch a funny YouTube video	Drink tea	Take deep breaths	Tense and relax your muscles
Talk to a friend	Read	FREE SPACE	Go on a run	Clean something
Squeeze a stress ball	Ask for help	Scream	Go outside	Listen to music
Take a walk	5-4-3-2-1 exercise	Talk to a trusted adult	Say something kind to yourself	Practice yoga

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Bingo Card ID 004

# Coping Skills Bingo!

Talk to a friend	Take a walk	Practice yoga	Read	Draw or scribble how you're feeling
Watch a funny YouTube video	Ask for help	Rip up a piece of paper	Say something kind to yourself	Talk to a trusted adult
Tense and relax your muscles	Go on a run	FREE SPACE	Stand up and stretch	Squeeze a stress ball
Sleep	Write in a journal	Cry	Meditate	Listen to music
Take deep breaths	Drink tea	Mental Imagery	Scream	Clean something

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# Coping Skills Bingo!

Talk to a friend	Draw or scribble how you're feeling	Practice yoga	5-4-3-2-1 exercise	Go on a run
Stand up and stretch	Listen to music	Scream	Ask for help	Take deep breaths
Tense and relax your muscles	Clean something	FREE SPACE	Mental Imagery	Name the feeling
Talk to a trusted adult	Drink tea	Cry	Rip up a piece of paper	Meditate
Write in a journal	Squeeze a stress ball	Go outside	Take a walk	Watch a funny YouTube video

# Coping Skills Bingo!

Practice yoga	Clean something	Squeeze a stress ball	Cry	Tense and relax your muscles
Drink tea	Go on a run	Scream	Read	Stand up and stretch
Rip up a piece of paper	5-4-3-2-1 exercise	FREE SPACE	Name the feeling	Say something kind to yourself
Sleep	Watch a funny YouTube video	Listen to music	Take a walk	Talk to a friend
Talk to a trusted adult	Mental Imagery	Meditate	Take deep breaths	Draw or scribble how you're feeling

Bingo Card ID 007

# Coping Skills Bingo!

Talk to a trusted adult	Cry	Take a walk	Say something kind to yourself	Tense and relax your muscles
Scream	Stand up and stretch	Go outside	Write in a journal	Drink tea
Name the feeling	Go on a run	FREE SPACE	Mental Imagery	Ask for help
Rip up a piece of paper	Watch a funny YouTube video	Sleep	Practice yoga	Read
Meditate	5-4-3-2-1 exercise	Talk to a friend	Squeeze a stress ball	Take deep breaths

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Bingo Card ID 008

# Coping Skills Bingo!

Talk to a trusted adult	Squeeze a stress ball	Listen to music	Mental Imagery	5-4-3-2-1 exercise
Cry	Talk to a friend	Ask for help	Watch a funny YouTube video	Practice yoga
Draw or scribble how you're feeling	Sleep	FREE SPACE	Stand up and stretch	Rip up a piece of paper
Tense and relax your muscles	Take deep breaths	Write in a journal	Go on a run	Drink tea
Clean something	Say something kind to yourself	Name the feeling	Scream	Meditate

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Bingo Card ID 009

# Coping Skills Bingo!

Listen to music	Watch a funny YouTube video	Read	Meditate	Take a walk
Ask for help	Draw or scribble how you're feeling	Drink tea	Name the feeling	Practice yoga
Rip up a piece of paper	Squeeze a stress ball	FREE SPACE	Sleep	Talk to a trusted adult
Write in a journal	Go on a run	Scream	Go outside	Take deep breaths
Say something kind to yourself	Cry	Mental Imagery	Stand up and stretch	Tense and relax your muscles

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Bingo Card ID 010

# Coping Skills Bingo!

Take a walk	Talk to a friend	Say something kind to yourself	Clean something	Cry
Watch a funny YouTube video	Scream	Go outside	Go on a run	Ask for help
5-4-3-2-1 exercise	Read	FREE SPACE	Write in a journal	Tense and relax your muscles
Squeeze a stress ball	Meditate	Stand up and stretch	Practice yoga	Name the feeling
Talk to a trusted adult	Take deep breaths	Draw or scribble how you're feeling	Mental Imagery	Sleep

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Bingo Card ID 011

## Coping Skills Bingo!

Take deep breaths	Clean something	Squeeze a stress ball	Ask for help	Drink tea
Rip up a piece of paper	Listen to music	Read	Stand up and stretch	Go outside
Practice yoga	Tense and relax your muscles	FREE SPACE	Talk to a trusted adult	Name the feeling
Say something kind to yourself	Sleep	Take a walk	Scream	Cry
Watch a funny YouTube video	Talk to a friend	5-4-3-2-1 exercise	Go on a run	Draw or scribble how you're feeling

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Bingo Card ID 012

## Coping Skills Bingo!

Scream	Rip up a piece of paper	Go outside	Read	Go on a run
Meditate	Clean something	Mental Imagery	Drink tea	Name the feeling
Take deep breaths	Ask for help	FREE SPACE	Stand up and stretch	Tense and relax your muscles
Talk to a trusted adult	Practice yoga	Talk to a friend	Squeeze a stress ball	5-4-3-2-1 exercise
Listen to music	Cry	Write in a journal	Sleep	Take a walk

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# Coping Skills Bingo!

Stand up and stretch	Read	Draw or scribble how you're feeling	Listen to music	Meditate
Tense and relax your muscles	Cry	Drink tea	Watch a funny YouTube video	Talk to a trusted adult
Rip up a piece of paper	Scream	FREE SPACE	Take a walk	Squeeze a stress ball
Go on a run	Go outside	5-4-3-2-1 exercise	Say something kind to yourself	Ask for help
Talk to a friend	Mental Imagery	Clean something	Practice yoga	Name the feeling

# Coping Skills Bingo!

Meditate	Tense and relax your muscles	Draw or scribble how you're feeling	Name the feeling	Read
Cry	Stand up and stretch	Rip up a piece of paper	Sleep	Mental Imagery
Go on a run	Take deep breaths	FREE SPACE	Write in a journal	Practice yoga
Scream	5-4-3-2-1 exercise	Say something kind to yourself	Ask for help	Talk to a friend
Take a walk	Drink tea	Squeeze a stress ball	Talk to a trusted adult	Listen to music

# Coping Skills Bingo!

Go outside	Listen to music	Practice yoga	Clean something	Sleep
Scream	Read	Talk to a friend	Ask for help	Drink tea
Rip up a piece of paper	Draw or scribble how you're feeling	FREE SPACE	Take a walk	Squeeze a stress ball
Mental Imagery	Stand up and stretch	Tense and relax your muscles	Go on a run	Talk to a trusted adult
5-4-3-2-1 exercise	Take deep breaths	Cry	Watch a funny YouTube video	Say something kind to yourself

# Coping Skills Bingo!

Name the feeling	Rip up a piece of paper	Ask for help	Talk to a trusted adult	Go on a run
Watch a funny YouTube video	Talk to a friend	Take deep breaths	Stand up and stretch	Write in a journal
Tense and relax your muscles	Read	FREE SPACE	Say something kind to yourself	Sleep
5-4-3-2-1 exercise	Practice yoga	Meditate	Scream	Squeeze a stress ball
Mental Imagery	Listen to music	Take a walk	Draw or scribble how you're feeling	Go outside

# Coping Skills Bingo!

Practice yoga	Rip up a piece of paper	Tense and relax your muscles	Draw or scribble how you're feeling	Drink tea
Talk to a trusted adult	Clean something	Go outside	Take a walk	Listen to music
Meditate	5-4-3-2-1 exercise	FREE SPACE	Read	Mental Imagery
Name the feeling	Scream	Cry	Watch a funny YouTube video	Write in a journal
Say something kind to yourself	Take deep breaths	Sleep	Squeeze a stress ball	Talk to a friend

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# Coping Skills Bingo!

Clean something	Name the feeling	5-4-3-2-1 exercise	Stand up and stretch	Read
Draw or scribble how you're feeling	Rip up a piece of paper	Squeeze a stress ball	Say something kind to yourself	Sleep
Practice yoga	Talk to a friend	FREE SPACE	Take a walk	Listen to music
Meditate	Mental Imagery	Watch a funny YouTube video	Go on a run	Write in a journal
Drink tea	Go outside	Cry	Take deep breaths	Ask for help

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# Coping Skills Bingo!

Go on a run	Watch a funny YouTube video	Mental Imagery	Cry	Tense and relax your muscles
Meditate	Name the feeling	Listen to music	Draw or scribble how you're feeling	Read
Say something kind to yourself	Sleep	FREE SPACE	Talk to a trusted adult	Squeeze a stress ball
Write in a journal	Scream	Take a walk	Drink tea	Ask for help
Stand up and stretch	Go outside	Practice yoga	5-4-3-2-1 exercise	Take deep breaths

# Coping Skills Bingo!

Read	Go on a run	Take a walk	Rip up a piece of paper	Scream
5-4-3-2-1 exercise	Go outside	Say something kind to yourself	Practice yoga	Tense and relax your muscles
Clean something	Write in a journal	FREE SPACE	Take deep breaths	Stand up and stretch
Listen to music	Mental Imagery	Name the feeling	Talk to a friend	Cry
Talk to a trusted adult	Sleep	Ask for help	Watch a funny YouTube video	Drink tea

# Coping Skills Bingo!

Take a walk	Say something kind to yourself	Rip up a piece of paper	Go outside	Sleep
Squeeze a stress ball	Practice yoga	Talk to a friend	Ask for help	Write in a journal
Draw or scribble how you're feeling	Watch a funny YouTube video	FREE SPACE	Drink tea	Cry
Talk to a trusted adult	Tense and relax your muscles	Meditate	Scream	5-4-3-2-1 exercise
Stand up and stretch	Name the feeling	Go on a run	Clean something	Read

# Coping Skills Bingo!

Name the feeling	5-4-3-2-1 exercise	Draw or scribble how you're feeling	Meditate	Practice yoga
Say something kind to yourself	Scream	Clean something	Talk to a trusted adult	Stand up and stretch
Listen to music	Ask for help	FREE SPACE	Watch a funny YouTube video	Take deep breaths
Mental Imagery	Squeeze a stress ball	Read	Cry	Take a walk
Write in a journal	Go outside	Talk to a friend	Drink tea	Sleep

# Coping Skills Bingo!

Meditate	Mental Imagery	5-4-3-2-1 exercise	Scream	Write in a journal
Cry	Take a walk	Talk to a trusted adult	Sleep	Listen to music
Stand up and stretch	Talk to a friend	FREE SPACE	Name the feeling	Go on a run
Go outside	Read	Tense and relax your muscles	Watch a funny YouTube video	Take deep breaths
Say something kind to yourself	Rip up a piece of paper	Draw or scribble how you're feeling	Drink tea	Squeeze a stress ball

# Coping Skills Bingo!

Go on a run	Take deep breaths	Sleep	Clean something	Write in a journal
Say something kind to yourself	Rip up a piece of paper	Mental Imagery	Practice yoga	Tense and relax your muscles
Talk to a friend	Read	FREE SPACE	Draw or scribble how you're feeling	Go outside
Name the feeling	Listen to music	Scream	5-4-3-2-1 exercise	Cry
Meditate	Drink tea	Watch a funny YouTube video	Squeeze a stress ball	Take a walk

# Coping Skills Bingo!

Read	Sleep	Talk to a friend	Write in a journal	Draw or scribble how you're feeling
Listen to music	Cry	Name the feeling	5-4-3-2-1 exercise	Meditate
Talk to a trusted adult	Watch a funny YouTube video	FREE SPACE	Rip up a piece of paper	Mental Imagery
Clean something	Take a walk	Stand up and stretch	Take deep breaths	Tense and relax your muscles
Squeeze a stress ball	Drink tea	Practice yoga	Go outside	Say something kind to yourself

# Coping Skills Bingo!

5-4-3-2-1 exercise	Go outside	Meditate	Stand up and stretch	Go on a run
Talk to a trusted adult	Name the feeling	Ask for help	Mental Imagery	Take a walk
Draw or scribble how you're feeling	Watch a funny YouTube video	FREE SPACE	Scream	Cry
Practice yoga	Take deep breaths	Say something kind to yourself	Sleep	Read
Tense and relax your muscles	Squeeze a stress ball	Rip up a piece of paper	Listen to music	Clean something

# Coping Skills Bingo!

Talk to a trusted adult	Go outside	Practice yoga	Write in a journal	Talk to a friend
Read	5-4-3-2-1 exercise	Ask for help	Tense and relax your muscles	Take a walk
Draw or scribble how you're feeling	Take deep breaths	FREE SPACE	Name the feeling	Sleep
Cry	Listen to music	Watch a funny YouTube video	Squeeze a stress ball	Rip up a piece of paper
Say something kind to yourself	Meditate	Mental Imagery	Scream	Clean something

# Coping Skills Bingo!

Mental Imagery	Talk to a trusted adult	Squeeze a stress ball	Write in a journal	Go on a run
Scream	Watch a funny YouTube video	Talk to a friend	Take deep breaths	Take a walk
5-4-3-2-1 exercise	Sleep	FREE SPACE	Rip up a piece of paper	Stand up and stretch
Cry	Meditate	Listen to music	Draw or scribble how you're feeling	Clean something
Go outside	Drink tea	Read	Tense and relax your muscles	Name the feeling



# Coping Skills Bingo!

Mental Imagery	Clean something	Watch a funny YouTube video	Write in a journal	Take deep breaths
Go outside	5-4-3-2-1 exercise	Draw or scribble how you're feeling	Ask for help	Cry
Name the feeling	Read	FREE SPACE	Listen to music	Tense and relax your muscles
Rip up a piece of paper	Talk to a friend	Stand up and stretch	Go on a run	Sleep
Take a walk	Talk to a trusted adult	Drink tea	Scream	Say something kind to yourself

# Coping Skills Bingo!

Go outside	Say something kind to yourself	Ask for help	Go on a run	Write in a journal
Talk to a friend	Take a walk	Drink tea	Rip up a piece of paper	Talk to a trusted adult
Mental Imagery	Squeeze a stress ball	FREE SPACE	Read	Practice yoga
Draw or scribble how you're feeling	Clean something	Name the feeling	Stand up and stretch	Sleep
Meditate	Cry	Take deep breaths	5-4-3-2-1 exercise	Scream