

# Coping Skills Bingo!

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

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## 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

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	Snap a rubber band on your wrist	Sleep	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	Squeeze ice		

# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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# Coping Skills Bingo!

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

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