

# Coping Skills Bingo

myfreebingocards.com

## 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/nmwaa8](https://mfbc.us/e/nmwaa8)

## Play

Once you've checked they are printing correctly, 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/nmwaa8](https://mfbc.us/m/nmwaa8) so they can play on a mobile or tablet.

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.

## 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/nmwaa8](https://mfbc.us/s/nmwaa8)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/nmwaa8](https://mfbc.us/e/nmwaa8)

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.

Go for a walk	<b>read</b>	walk away	Think of happy place	10 deep breaths	exercise	yoga
I'm Safe song	eat healthy	music	friends	watch a movie	<b>sing</b>	stress ball
<b>draw</b>	write a story or poem	<b>get help</b>	play a game	<b>sleep</b>	do something kind	play outside
pop bubble wrap	talk to someone	do something different				

# Coping Skills Bingo

watch a movie	friends	sing	play a game	read
do something kind	draw	play outside	do something different	Go for a walk
walk away	eat healthy	FREE SPACE	pop bubble wrap	write a story or poem
music	yoga	exercise	Think of happy place	get help
stress ball	talk to someone	I'm Safe song	10 deep breaths	sleep

# Coping Skills Bingo

stress ball	I'm Safe song	play a game	do something kind	read
get help	pop bubble wrap	talk to someone	sing	do something different
walk away	write a story or poem	FREE SPACE	draw	Go for a walk
yoga	exercise	music	10 deep breaths	friends
eat healthy	Think of happy place	play outside	sleep	watch a movie

# Coping Skills Bingo

talk to someone	<b>sing</b>	play outside	stress ball	exercise
get help	draw	sleep	walk away	do something kind
yoga	friends	FREE SPACE	Think of happy place	music
Go for a walk	do something different	I'm Safe song	write a story or poem	10 deep breaths
read	eat healthy	play a game	pop bubble wrap	watch a movie

myfreebingocards.com

# Coping Skills Bingo

sleep	pop bubble wrap	talk to someone	friends	music
watch a movie	do something kind	<b>draw</b>	play outside	write a story or poem
I'm Safe song	stress ball	FREE SPACE	Go for a walk	eat healthy
<b>sing</b>	exercise	walk away	10 deep breaths	yoga
read	play a game	get help	do something different	Think of happy place

myfreebingocards.com

# Coping Skills Bingo

write a story or poem	play a game	walk away	do something different	play outside
Go for a walk	pop bubble wrap	read	yoga	sleep
draw	stress ball	FREE SPACE	talk to someone	Think of happy place
friends	exercise	do something kind	watch a movie	get help
sing	I'm Safe song	music	10 deep breaths	eat healthy

# Coping Skills Bingo

play a game	do something different	write a story or poem	draw	10 deep breaths
talk to someone	exercise	sing	watch a movie	Go for a walk
I'm Safe song	yoga	FREE SPACE	get help	music
do something kind	Think of happy place	friends	pop bubble wrap	stress ball
eat healthy	walk away	read	sleep	play outside

# Coping Skills Bingo

play a game	I'm Safe song	stress ball	Think of happy place	do something kind
draw	sing	play outside	talk to someone	pop bubble wrap
10 deep breaths	music	FREE SPACE	read	sleep
exercise	walk away	write a story or poem	yoga	get help
friends	do something different	watch a movie	Go for a walk	eat healthy

myfreebingocards.com

# Coping Skills Bingo

yoga	Think of happy place	walk away	read	talk to someone
eat healthy	sing	do something kind	music	pop bubble wrap
draw	sleep	FREE SPACE	get help	Go for a walk
play a game	play outside	friends	10 deep breaths	write a story or poem
exercise	stress ball	do something different	I'm Safe song	watch a movie

myfreebingocards.com

# Coping Skills Bingo

yoga	stress ball	exercise	get help	10 deep breaths
Think of happy place	Go for a walk	write a story or poem	play a game	do something different
talk to someone	sleep	FREE SPACE	pop bubble wrap	draw
I'm Safe song	watch a movie	do something kind	read	music
sing	friends	eat healthy	play outside	walk away

myfreebingocards.com

# Coping Skills Bingo

exercise	friends	play outside	Go for a walk	walk away
play a game	do something different	do something kind	music	stress ball
sleep	pop bubble wrap	FREE SPACE	yoga	draw
sing	eat healthy	watch a movie	read	Think of happy place
get help	talk to someone	I'm Safe song	10 deep breaths	write a story or poem

myfreebingocards.com

# Coping Skills Bingo

read	write a story or poem	walk away	I'm Safe song	Think of happy place
sing	eat healthy	draw	Go for a walk	10 deep breaths
play outside	talk to someone	FREE SPACE	friends	stress ball
play a game	yoga	music	watch a movie	do something different
sleep	get help	exercise	do something kind	pop bubble wrap

myfreebingocards.com

# Coping Skills Bingo

I'm Safe song	watch a movie	Go for a walk	stress ball	do something kind
pop bubble wrap	exercise	play a game	talk to someone	eat healthy
play outside	read	FREE SPACE	yoga	music
sing	sleep	walk away	Think of happy place	write a story or poem
10 deep breaths	draw	do something different	get help	friends

myfreebingocards.com



# Coping Skills Bingo

pop bubble wrap	eat healthy	<b>sing</b>	I'm Safe song	<b>draw</b>
friends	play outside	<b>get help</b>	watch a movie	do something kind
music	talk to someone	FREE SPACE	Go for a walk	<b>yoga</b>
play a game	<b>stress ball</b>	write a story or poem	exercise	Think of happy place
10 deep breaths	<b>sleep</b>	<b>read</b>	do something different	<b>walk away</b>

myfreebingocards.com

# Coping Skills Bingo

talk to someone	exercise	do something different	friends	play outside
Think of happy place	do something kind	<b>yoga</b>	pop bubble wrap	<b>walk away</b>
<b>stress ball</b>	<b>sing</b>	FREE SPACE	<b>draw</b>	eat healthy
10 deep breaths	<b>read</b>	Go for a walk	<b>get help</b>	I'm Safe song
write a story or poem	music	play a game	watch a movie	<b>sleep</b>

myfreebingocards.com

# Coping Skills Bingo

friends	do something different	music	play outside	Think of happy place
talk to someone	sleep	get help	pop bubble wrap	draw
watch a movie	10 deep breaths	FREE SPACE	sing	play a game
read	Go for a walk	write a story or poem	do something kind	walk away
stress ball	yoga	exercise	eat healthy	I'm Safe song

myfreebingocards.com

# Coping Skills Bingo

eat healthy	exercise	play a game	sing	I'm Safe song
sleep	write a story or poem	play outside	do something kind	Go for a walk
pop bubble wrap	do something different	FREE SPACE	walk away	talk to someone
get help	stress ball	yoga	draw	10 deep breaths
watch a movie	Think of happy place	read	music	friends

myfreebingocards.com

# Coping Skills Bingo

pop bubble wrap	music	Go for a walk	yoga	draw
write a story or poem	watch a movie	talk to someone	play outside	sleep
read	10 deep breaths	FREE SPACE	play a game	friends
sing	stress ball	get help	exercise	walk away
do something different	eat healthy	I'm Safe song	do something kind	Think of happy place

myfreebingocards.com

# Coping Skills Bingo

play a game	pop bubble wrap	do something kind	yoga	do something different
walk away	I'm Safe song	eat healthy	friends	exercise
play outside	10 deep breaths	FREE SPACE	get help	music
sing	Think of happy place	watch a movie	read	sleep
stress ball	write a story or poem	Go for a walk	talk to someone	draw

myfreebingocards.com

# Coping Skills Bingo

music	I'm Safe song	10 deep breaths	do something different	talk to someone
play outside	stress ball	pop bubble wrap	read	sleep
write a story or poem	play a game	FREE SPACE	get help	friends
exercise	walk away	draw	eat healthy	do something kind
Think of happy place	Go for a walk	sing	watch a movie	yoga

myfreebingocards.com

# Coping Skills Bingo

draw	get help	friends	Think of happy place	music
exercise	do something different	read	play outside	sleep
stress ball	yoga	FREE SPACE	do something kind	walk away
sing	eat healthy	Go for a walk	talk to someone	10 deep breaths
play a game	watch a movie	pop bubble wrap	write a story or poem	I'm Safe song

myfreebingocards.com

# Coping Skills Bingo

play outside	walk away	draw	pop bubble wrap	10 deep breaths
sing	read	eat healthy	play a game	I'm Safe song
watch a movie	get help	FREE SPACE	music	exercise
talk to someone	Think of happy place	write a story or poem	yoga	sleep
Go for a walk	do something kind	do something different	friends	stress ball

myfreebingocards.com

# Coping Skills Bingo

walk away	read	eat healthy	pop bubble wrap	stress ball
sleep	play a game	write a story or poem	Go for a walk	do something different
Think of happy place	do something kind	FREE SPACE	yoga	friends
sing	talk to someone	10 deep breaths	play outside	music
draw	I'm Safe song	get help	watch a movie	exercise

myfreebingocards.com

# Coping Skills Bingo

music	10 deep breaths	do something different	friends	read
play a game	<b>sing</b>	I'm Safe song	Go for a walk	talk to someone
yoga	exercise	FREE SPACE	get help	stress ball
watch a movie	Think of happy place	play outside	walk away	eat healthy
do something kind	write a story or poem	sleep	pop bubble wrap	draw

myfreebingocards.com

# Coping Skills Bingo

get help	friends	10 deep breaths	Think of happy place	<b>sing</b>
walk away	sleep	yoga	exercise	talk to someone
write a story or poem	music	FREE SPACE	eat healthy	draw
play outside	watch a movie	read	pop bubble wrap	do something different
do something kind	Go for a walk	stress ball	I'm Safe song	play a game

myfreebingocards.com

# Coping Skills Bingo

draw	watch a movie	sleep	I'm Safe song	read
get help	pop bubble wrap	play a game	write a story or poem	do something different
eat healthy	play outside	FREE SPACE	exercise	music
sing	10 deep breaths	Think of happy place	friends	do something kind
stress ball	walk away	Go for a walk	talk to someone	yoga

# Coping Skills Bingo

play outside	sleep	write a story or poem	do something different	Think of happy place
music	exercise	10 deep breaths	friends	yoga
get help	pop bubble wrap	FREE SPACE	I'm Safe song	walk away
talk to someone	watch a movie	do something kind	stress ball	eat healthy
read	play a game	Go for a walk	draw	sing

# Coping Skills Bingo

10 deep breaths	eat healthy	friends	talk to someone	draw
Go for a walk	music	yoga	walk away	get help
do something different	<b>sing</b>	FREE SPACE	Think of happy place	play a game
read	sleep	watch a movie	play outside	pop bubble wrap
stress ball	exercise	I'm Safe song	do something kind	write a story or poem

myfreebingocards.com

# Coping Skills Bingo

<b>yoga</b>	eat healthy	play a game	play outside	write a story or poem
Go for a walk	<b>walk away</b>	10 deep breaths	do something different	watch a movie
music	sleep	FREE SPACE	Think of happy place	exercise
stress ball	pop bubble wrap	<b>read</b>	friends	<b>get help</b>
I'm Safe song	<b>sing</b>	talk to someone	<b>draw</b>	do something kind

myfreebingocards.com



# Coping Skills Bingo

yoga	get help	stress ball	draw	sing
write a story or poem	watch a movie	walk away	10 deep breaths	sleep
pop bubble wrap	talk to someone	FREE SPACE	Think of happy place	friends
exercise	do something different	I'm Safe song	play outside	eat healthy
do something kind	music	Go for a walk	read	play a game

myfreebingocards.com

# Coping Skills Bingo

get help	I'm Safe song	watch a movie	10 deep breaths	do something different
eat healthy	Go for a walk	Think of happy place	music	play outside
exercise	pop bubble wrap	FREE SPACE	write a story or poem	sleep
draw	talk to someone	walk away	yoga	do something kind
sing	read	stress ball	friends	play a game

myfreebingocards.com