C	O	P	E	!
Write in my journal	Bake	Draw	Take a hot shower or relaxing bath	Paint your nails
Deep Breathing	Write a list of compliments about someone	Rip paper into pieces	Call a friend	Stretch
Write a letter	Write positive affirmations	**FREE**	Clean	Let yourself cry
Meditate	Watch a movie	Paint	Go for a walk	Pray
Go for a drive	Cook a meal	Sing	Write yourself "I love you because" letter	Do a puzzle

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

C	O	P	E	!
Write positive affirmations	Call a friend	Take a hot shower or relaxing bath	Deep Breathing	Rip paper into pieces
Draw	Write yourself "I love you because" letter	Paint your nails	Cook a meal	Stretch
Meditate	Clean	**FREE**	Let yourself cry	Bake
Go for a walk	Sing	Write in my journal	Do a puzzle	Watch a movie
Paint	Pray	Write a letter	Write a list of compliments about someone	Go for a drive

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

C	O	P	E	!
Cook a meal	Sing	Call a friend	Pray	Clean
Write in my journal	Meditate	Paint	Write a list of compliments about someone	Paint your nails
Write a letter	Do a puzzle	**FREE**	Watch a movie	Go for a walk
Write positive affirmations	Stretch	Take a hot shower or relaxing bath	Write yourself "I love you because" letter	Draw
Let yourself cry	Bake	Rip paper into pieces	Deep Breathing	Go for a drive

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved