C	O	P	E	!
Write positive affirmations	Bake	Draw	Take a hot shower or relaxing bath	Punch a punching bag
Cover yourself with band-aids where you want to cut	Write a list of compliments about someone	Sing	Call a friend	Stretch
Write a letter	Write yourself "I love you because" letter	**FREE**	Clean	Meditate
Paint your nails	Watch a fish	Pet your cat or dog	Let yourself cry	Rip paper into pieces
Go for a drive	Cook a meal	Sort photographs	Yoga	Do a puzzle

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

C	O	P	E	!
Write yourself "I love you because" letter	Call a friend	Take a hot shower or relaxing bath	Cover yourself with band-aids where you want to cut	Sing
Draw	Yoga	Punch a punching bag	Cook a meal	Stretch
Paint your nails	Clean	**FREE**	Meditate	Bake
Let yourself cry	Sort photographs	Write positive affirmations	Do a puzzle	Watch a fish
Pet your cat or dog	Rip paper into pieces	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	Sort photographs	Call a friend	Rip paper into pieces	Clean
Write positive affirmations	Paint your nails	Pet your cat or dog	Write a list of compliments about someone	Punch a punching bag
Write a letter	Do a puzzle	**FREE**	Watch a fish	Let yourself cry
Write yourself "I love you because" letter	Stretch	Take a hot shower or relaxing bath	Yoga	Draw
Meditate	Bake	Sing	Cover yourself with band-aids where you want to cut	Go for a drive

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