C	O	P	E	S
Watch TV	Arts/Crafts	Listen to music	Theraputty	Sing/Dance
Help Someone	Use a DBT skill	Take 10 Deep Breaths	Cook/Bake	Talk with a friend
Use Positive Self-talk	Write positive affirmations	**FREE**	Enjoy a hobby	Play with a pet
Read a book	Try something new	Rip paper into pieces	Play a board game/video game	Stress Ball
Meditate	Exercise	Take a hot shower or relaxing bath	Yoga	Let yourself cry

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

C	O	P	E	S
Write positive affirmations	Cook/Bake	Theraputty	Help Someone	Take 10 Deep Breaths
Listen to music	Yoga	Sing/Dance	Exercise	Talk with a friend
Read a book	Enjoy a hobby	**FREE**	Play with a pet	Arts/Crafts
Play a board game/video game	Take a hot shower or relaxing bath	Watch TV	Let yourself cry	Try something new
Rip paper into pieces	Stress Ball	Use Positive Self-talk	Use a DBT skill	Meditate

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

C	O	P	E	S
Exercise	Take a hot shower or relaxing bath	Cook/Bake	Stress Ball	Enjoy a hobby
Watch TV	Read a book	Rip paper into pieces	Use a DBT skill	Sing/Dance
Use Positive Self-talk	Let yourself cry	**FREE**	Try something new	Play a board game/video game
Write positive affirmations	Talk with a friend	Theraputty	Yoga	Listen to music
Play with a pet	Arts/Crafts	Take 10 Deep Breaths	Help Someone	Meditate

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