

Coping Bingo Call Card

1 Pet ran away	2 Friend doesn't call you back	3 Fail a test at school	4 Lots of litter in the street	5 Fight with a friend
6 You are being bullied	7 Someone is sending you unwanted messages online	8 Didn't make the basketball team	9 Forgot to turn in homework	10 Don't feel safe
11 Graffiti at your favorite hangout	12 Feeling really angry	13 Someone is spreading rumors about you	14 Someone treats you differently because of the way you look	15 Watched something on TV that really scared you
16 Feeling lonely	17 Teacher embarrasses you in class	18 Someone blames you for something you didn't do	19 You have to change schools	20 You feel scared to tell your family something but know you have to
21 Someone yells at you	22 Best friend moves away	23 Someone you trusted lies to you	24 Parents don't listen when you try to tell them something	25 A group of students ignore you when you ask if you can join them