

Coping Skills Bingo

Talk to friends	Arts and Crafts	Exercise	Ride bike	Play cards
Drink water	Take a walk	Play with a pet	Cooking	Read
Take a nap	Watch TV	FREE	Dance	Listen to music
Meditate	Sew or crochet	Muscle relaxation	Let yourself cry	Play video games
Go outside	Deep breathing	Play with friends	Water plants	Eat a snack

Coping Skills Bingo

Watch TV	Cooking	Ride bike	Drink water	Play with a pet
Excerise	Water plants	Play cards	Deep breathing	Read
Meditate	Dance	FREE	Listen to music	Arts and Crafts
Let yourself cry	Play with friends	Talk to friends	Eat a snack	Sew or crochet
Muscle relaxation	Play video games	Take a nap	Take a walk	Go outside

Coping Skills Bingo

Deep breathing	Play with friends	Cooking	Play video games	Dance
Talk to friends	Meditate	Muscle relaxation	Take a walk	Play cards
Take a nap	Eat a snack	FREE	Sew or crochet	Let yourself cry
Watch TV	Read	Ride bike	Water plants	Exercise
Listen to music	Arts and Crafts	Play with a pet	Drink water	Go outside