

Coping Skills Bingo

Use imagery	Affirmations	Deep breathing	Talk to a friend	Play board game
Coping Tools	Use a stress ball	Read	Ask for Help	Stress Press
Turtle	Use positive self-talk	FREE	Calm Counting	Meditation
Muscle relaxation	Try something new	Paint	Go for a walk	Quiet Seat
Do a puzzle	Color	Sew or crochet	Write in a journal	Dance

Coping Skills Bingo

Use positive self-talk	Ask for Help	Talk to a friend	Coping Tools	Read
Deep breathing	Write in a journal	Play board game	Color	Stress Press
Muscle relaxation	Calm Counting	FREE	Meditation	Affirmations
Go for a walk	Sew or crochet	Use imagery	Dance	Try something new
Paint	Quiet Seat	Turtle	Use a stress ball	Do a puzzle

Coping Skills Bingo

Color	Sew or crochet	Ask for Help	Quiet Seat	Calm Counting
Use imagery	Muscle relaxation	Paint	Use a stress ball	Play board game
Turtle	Dance	FREE	Try something new	Go for a walk
Use positive self-talk	Stress Press	Talk to a friend	Write in a journal	Deep breathing
Meditation	Affirmations	Read	Coping Tools	Do a puzzle