

Coping Skills Bingo

Try something new	Arts and Crafts	Go for a walk	Take a bath	Play with Barbies
Draw a picture	Think about happy memories	Punch a pillow	Balloon Breathing	Sing
Talk to a friend	Use a stress ball	FREE	Dance	Listen to music
Name 5 things you can see	Take a time out	Play cards	Let yourself cry	Play with a pet
Go outside	Do Cartwheels	Read	Yoga	Exercise

Coping Skills Bingo

Use a stress ball	Balloon Breathing	Take a bath	Draw a picture	Punch a pillow
Go for a walk	Yoga	Play with Barbies	Do Cartwheels	Sing
Name 5 things you can see	Dance	FREE	Listen to music	Arts and Crafts
Let yourself cry	Read	Try something new	Exercise	Take a time out
Play cards	Play with a pet	Talk to a friend	Think about happy memories	Go outside

Coping Skills Bingo

Do Cartwheels	Read	Balloon Breathing	Play with a pet	Dance
Try something new	Name 5 things you can see	Play cards	Think about happy memories	Play with Barbies
Talk to a friend	Excerise	FREE	Take a time out	Let yourself cry
Use a stress ball	Sing	Take a bath	Yoga	Go for a walk
Listen to music	Arts and Crafts	Punch a pillow	Draw a picture	Go outside