

Coping Skills Bingo

Uses Positive Self-Talk	Arts and Crafts	Feels Their Pulse	Takes a Shower/Bath	Plays with a Pet
Does Something Kind for Someone Else	Tries Breathing Exercises	Spends Time with a Loved One	Bakes/Cooks	Takes a Nap
Talks to a Friend	Uses a Stress Ball or Fidget Toy	FREE	Cleans or Organizes	Journals
Listens to Music	Takes a Time Out	Meditates	Go Outside	Reads a Book
Finds things to make you laugh	Cries it Out	Starts a New Hobby	Watches a Movie	Exercises

Coping Skills Bingo

Uses a Stress Ball or Fidget Toy	Bakes/Cooks	Takes a Shower/Bath	Does Something Kind for Someone Else	Spends Time with a Loved One
Feels Their Pulse	Watches a Movie	Plays with a Pet	Cries it Out	Takes a Nap
Listens to Music	Cleans or Organizes	FREE	Journals	Arts and Crafts
Go Outside	Starts a New Hobby	Uses Positive Self-Talk	Exercises	Takes a Time Out
Meditates	Reads a Book	Talks to a Friend	Tries Breathing Exercises	Finds things to make you laugh

Coping Skills Bingo

Cries it Out	Starts a New Hobby	Bakes/Cooks	Reads a Book	Cleans or Organizes
Uses Positive Self-Talk	Listens to Music	Meditates	Tries Breathing Exercises	Plays with a Pet
Talks to a Friend	Exercises	FREE	Takes a Time Out	Go Outside
Uses a Stress Ball or Fidget Toy	Takes a Nap	Takes a Shower/Bath	Watches a Movie	Feels Their Pulse
Journals	Arts and Crafts	Spends Time with a Loved One	Does Something Kind for Someone Else	Finds things to make you laugh