

Coping Skills Bingo

Use positive self-talk	Alone time	Go outside	Take a shower	Play cards
Dance	Use flexible thinking	Punch a punching bag	Arts and Crafts	Squeeze a stuffed animal
Use a stress ball	Ask for a break	FREE	Pray or meditate	Let yourself cry
Listen to music	Think about happy memories	Make an obstacle course	Read	Turn off the lights
Invent something new	Go to a happy place	Play with a pet	Color in a coloring book	Cook

Coping Skills Bingo

Pray or meditate	Play cards	Ask for a break	Use a stress ball	Color in a coloring book
Take a shower	Let yourself cry	Listen to music	Use flexible thinking	Arts and Crafts
Water Break	Play with a pet	FREE	Dance	Go outside
Read	Squeeze a stuffed animal	Punch a punching bag	Think about happy memories	Cook
Alone time	Use positive self-talk	Write in a journal	Exercise	Go to a happy place

Coping Skills Bingo

Pray or meditate	Dance	Read	Exercise	Arts and Crafts
Alone time	Write in a journal	Water Break	Cook	Use flexible thinking
Deep breaths	Think about happy memories	FREE	Make an obstacle course	Squeeze a stuffed animal
Play with a pet	Listen to music	Let yourself cry	Ask for a break	Turn off the lights
Color in a coloring book	Use a stress ball	Play cards	Go outside	Punch a punching bag