Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Excerise	Take deep breaths	Play with a pet
Deep breathing	Use a stress ball	Start a hobby or try new things	Cooking	Take a time out
Think about happy memories	Watch a movie	**FREE**	Count to 10	List positive traits about yourself
Listen to music	Talk to a friend	Play cards	Let yourself cry	Read
Go outside	Dance	Take a shower	Write in a journal	Do "60 Seconds"

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Coping Skills Bingo

Watch a movie	Cooking	Take deep breaths	Deep breathing	Start a hobby or try new things
Excerise	Write in a journal	Play with a pet	Dance	Take a time out
Listen to music	Count to 10	**FREE**	List positive traits about yourself	Arts and Crafts
Let yourself cry	Take a shower	Use positive self-talk	Do "60 Seconds"	Talk to a friend
Play cards	Read	Think about happy memories	Use a stress ball	Go outside

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Coping Skills Bingo

Dance	Take a shower	Cooking	Read	Count to 10
Use positive self-talk	Listen to music	Play cards	Use a stress ball	Play with a pet
Think about happy memories	Do "60 Seconds"	**FREE**	Talk to a friend	Let yourself cry
Watch a movie	Take a time out	Take deep breaths	Write in a journal	Excerise
List positive traits about yourself	Arts and Crafts	Start a hobby or try new things	Deep breathing	Go outside

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