Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Talk to a friend	Read
Draw a picture	Try something new	Start a hobby or project	Chat to a peer	Take a time out
Think about things you value	Use positive self-talk	**FREE**	Color a sheet	Notice something nice about a peer
Paint your nails	Think about happy memories	Play a game	Muscle relaxation	Sew or crochet
Listen to music	Deep breathing	Take a nap	Watch a show you like	Give someone a compliment

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Coping Skills Bingo

Use positive self-talk	Chat to a peer	Talk to a friend	Draw a picture	Start a hobby or project
Let yourself cry	Watch a show you like	Read	Deep breathing	Take a time out
Paint your nails	Color a sheet	**FREE**	Notice something nice about a peer	Arts and Crafts
Muscle relaxation	Take a nap	Use a stress ball	Give someone a compliment	Think about happy memories
Play a game	Sew or crochet	Think about things you value	Try something new	Listen to music

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Coping Skills Bingo

Deep breathing	Take a nap	Chat to a peer	Sew or crochet	Color a sheet
Use a stress ball	Paint your nails	Play a game	Try something new	Read
Think about things you value	Give someone a compliment	**FREE**	Think about happy memories	Muscle relaxation
Use positive self-talk	Take a time out	Talk to a friend	Watch a show you like	Let yourself cry
Notice something nice about a peer	Arts and Crafts	Start a hobby or project	Draw a picture	Listen to music

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