

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Listen to music	Take a shower	Read
Exercise	Try something new	Self care	Cooking	Think about happy memories
Use positive self-talk	Dance	FREE	Play with a pet	Pray or meditate
Talk to a friend	Punch a punching bag	Start a hobby or project	Muscle relaxation	Rest
Deep breathing	Take a time out	Go outside	Write in a journal	Let yourself cry

Coping Skills Bingo

Use positive self-talk	Write in a journal	Cooking	Punch a punching bag	Exercise
Take a shower	Pray or meditate	Listen to music	Rest	Dance
Play with a pet	Arts and Crafts	FREE	Muscle relaxation	Start a hobby or project
Let yourself cry	Use a stress ball	Go outside	Talk to a friend	Deep breathing
Read	Play cards	Think about happy memories	Self care	Try something new

Coping Skills Bingo

Talk to a friend	Muscle relaxation	Use positive self-talk	Let yourself cry	Take a shower
Take a time out	Think about happy memories	Write in a journal	Punch a punching bag	Dance
Start a hobby or project	Cooking	FREE	Play with a pet	Listen to music
Play cards	Read	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Self care	Pray or meditate	Rest	Go outside