

# Coping Skills Bingo

|                            |                        |                 |                    |                          |
|----------------------------|------------------------|-----------------|--------------------|--------------------------|
| Use a stress ball          | Arts and Crafts        | Have a snack    | Take a time out    | Pray or meditate         |
| Exercise                   | Try something new      | Read            | Cooking            | Start a hobby or project |
| Think about happy memories | Use positive self-talk | <b>FREE</b>     | Dance              | Muscle relaxation        |
| Play cards                 | Talk to a friend       | Play with a pet | Listen to music    | Punch a punching bag     |
| Let yourself cry           | Deep breathing (10)    | Sew or crochet  | Write in a journal | Go outside               |

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|                        |                      |                            |                     |                          |
|------------------------|----------------------|----------------------------|---------------------|--------------------------|
| Use positive self-talk | Cooking              | Take a time out            | Excerise            | Read                     |
| Have a snack           | Write in a journal   | Pray or meditate           | Deep breathing (10) | Start a hobby or project |
| Play cards             | Dance                | <b>FREE</b>                | Muscle relaxation   | Arts and Crafts          |
| Listen to music        | Sew or crochet       | Use a stress ball          | Go outside          | Talk to a friend         |
| Play with a pet        | Punch a punching bag | Think about happy memories | Try something new   | Let yourself cry         |

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|                                     |                                |                       |                            |                        |
|-------------------------------------|--------------------------------|-----------------------|----------------------------|------------------------|
| Deep breathing<br>(10)              | Sew or<br>crochet              | Cooking               | Punch a<br>punching<br>bag | Dance                  |
| Use a<br>stress<br>ball             | Play<br>cards                  | Play<br>with a<br>pet | Try<br>something<br>new    | Pray or<br>meditate    |
| Think<br>about<br>happy<br>memories | Go<br>outside                  | <b>FREE</b>           | Talk to a<br>friend        | Listen to<br>music     |
| Use<br>positive<br>self-talk        | Start a<br>hobby or<br>project | Take a<br>time out    | Write in<br>a journal      | Have a<br>snack        |
| Muscle<br>relaxation                | Arts and<br>Crafts             | Read                  | Excerise                   | Let<br>yourself<br>cry |