

Coping Skills Bingo

Use a stress ball	Color	Listen to music	Talk to a trusted adult	Read your favorite book
Eat your favorite meal/snack	Use a fidget toy	Take a shower	Count to 10	Talk to a friend
Try something new	Use positive self-talk	FREE	Dance/Yoga	Play with a pet
Practice your favorite sport	Think about happy memories	Pray or meditate	Play a board game	Start a new hobby
Paint a picture	Deep breathing	Take a time out (step away)	Write your feelings in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Count to 10	Talk to a trusted adult	Eat your favorite meal/snack	Take a shower
Listen to music	Write your feelings in a journal	Read your favorite book	Deep breathing	Talk to a friend
Practice your favorite sport	Dance/Yoga	FREE	Play with a pet	Color
Play a board game	Take a time out (step away)	Use a stress ball	Go outside	Think about happy memories
Pray or meditate	Start a new hobby	Try something new	Use a fidget toy	Paint a picture

Coping Skills Bingo

Deep breathing	Take a time out (step away)	Count to 10	Start a new hobby	Dance/Yoga
Use a stress ball	Practice your favorite sport	Pray or meditate	Use a fidget toy	Read your favorite book
Try something new	Go outside	FREE	Think about happy memories	Play a board game
Use positive self-talk	Talk to a friend	Talk to a trusted adult	Write your feelings in a journal	Listen to music
Play with a pet	Color	Take a shower	Eat your favorite meal/snack	Paint a picture