

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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