

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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