Coping Skills Bingo

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

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Coping Skills Bingo

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

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Coping Skills Bingo

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

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