

Coping Skills Bingo

Think about happy memories	Art	Exercise	Punch a punching bag	Let yourself cry
Dance	Take a shower	Play cards	Ask for help	Pray or meditate
Take a break	Try positive self-talk	FREE	Call a friend	Free Space
Go outside	Read	Lay down	Free Space	Listen to music
Fidget with something	Cooking	Play with a pet	Write in a journal	Deep breathing

Coping Skills Bingo

Try positive self-talk	Ask for help	Punch a punching bag	Dance	Play cards
Exercise	Write in a journal	Let yourself cry	Cooking	Pray or meditate
Go outside	Call a friend	FREE	Free Space	Art
Free Space	Play with a pet	Think about happy memories	Deep breathing	Read
Lay down	Listen to music	Take a break	Take a shower	Fidget with something

Coping Skills Bingo

Cooking	Play with a pet	Ask for help	Listen to music	Call a friend
Think about happy memories	Go outside	Lay down	Take a shower	Let yourself cry
Take a break	Deep breathing	FREE	Read	Free Space
Try positive self-talk	Pray or meditate	Punch a punching bag	Write in a journal	Exercise
Free Space	Art	Play cards	Dance	Fidget with something