

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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