

Coping Skills Bingo

do some Yoga	Bake something	Go out side	Talk about it	Play cards
Give your self a break	Use positive self-talk	Scooter Ride	Dance	Social Media
Think the situation	process your emotions	FREE	Exerrcise	Muscle relaxation
Paint a Picture	Think about happy memories	Play a game n the computer/phone	Let yourself cry	Pray or meditate
Go to friends	Get out of the house	Sing a song	use a stress ball/toy	Go for a walk

Coping Skills Bingo

process your emotions	Dance	Talk about it	Give your self a break	Scooter Ride
Go out side	use a stress ball/toy	Play cards	Get out of the house	Social Media
Paint a Picture	Exerrcise	FREE	Muscle relaxation	Bake something
Let yourself cry	Sing a song	do some Yoga	Go for a walk	Think about happy memories
Play a game n the computer/phone	Pray or meditate	Think the situation	Use positive self-talk	Go to friends

Coping Skills Bingo

Get out of the house	Sing a song	Dance	Pray or meditate	Exercise
do some Yoga	Paint a Picture	Play a game n the computer/phone	Use positive self-talk	Play cards
Think the situation	Go for a walk	FREE	Think about happy memories	Let yourself cry
process your emotions	Social Media	Talk about it	use a stress ball/toy	Go outside
Muscle relaxation	Bake something	Scooter Ride	Give your self a break	Go to friends