Coping skills

talk to an adult	STOP and think..	fidget	squeeze a pillow	paint
count to 50	talk to a friend	positive thoughts	breath-in breathe out	take a shower
time with pets	clean your room	**FREE**	journal	listen to music
take a nap	make a playlist	read	go outside	play with playdough
count to 100	take a break	craft	write down your feelings	do a puzzle

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Coping skills

time with pets	write down your feelings	breath-in breathe out	make a playlist	count to 50
squeeze a pillow	listen to music	fidget	play with playdough	clean your room
journal	STOP and think..	**FREE**	go outside	read
do a puzzle	talk to an adult	craft	take a nap	count to 100
paint	hold ice	take a shower	positive thoughts	talk to a friend

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Coping skills

take a nap	go outside	time with pets	do a puzzle	squeeze a pillow
take a break	take a shower	write down your feelings	make a playlist	clean your room
read	breath-in breathe out	**FREE**	journal	fidget
hold ice	paint	count to 100	STOP and think..	talk to an adult
talk to a friend	positive thoughts	listen to music	play with playdough	craft

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved