

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Fidget spinners	Take a time out	Punching Mat
Drawing	Use a stress ball	Sing	Coloring	Think about happy memories
Dance	Sensory Candy	FREE	Paint	Try something new
Play cards	Talk to staff	Play with a pet	Take a shower	Listen to music
Go outside	Read a book	Deep breathing	Do a puzzle	Talk to a friend

Coping Skills Bingo

Meditate	Dance	Paint	Use a stress ball	Coloring
Use positive self-talk	Try something new	Sensory Candy	Take a time out	Read a book
Play cards	Punching Mat	FREE	Drawing	Fidget spinners
Sing	Write in a journal	Talk to a friend	Talk to staff	Deep breathing
Do a puzzle	Take a shower	Arts and Crafts	Play with a pet	Yoga

Coping Skills Bingo

Write in a journal	Essential Oils	Dance	Talk to a friend	Drawing
Sensory Candy	Exercise	Yoga	Coloring	Use positive self-talk
Play with a pet	Do a puzzle	FREE	Take a time out	Paint
Fidget spinners	Meditate	Arts and Crafts	Go outside	Read a book
Take a shower	Use a stress ball	Talk to staff	Play cards	Think about happy memories