

Coping Skills Bingo

Try something new	Ask for help	Arts and Crafts	Go outside	Start a hobby or project
Practice self-care	Exercise	Think about happy memories	Remember you are enough	Be kind to yourself
Sew or crochet	Take a time out	FREE	Use a stress ball	Cooking
Read	Pamper yourself	Talk to a friend	Play cards	Take a shower
Play with a pet	Set a realistic goal	Listen to music	Let yourself cry	Punch a punching bag

Coping Skills Bingo

Play cards	Help someone	Cooking	Dance	Read
Pray or meditate	Practice self-care	Be kind to yourself	Talk to a friend	Start a hobby or project
Muscle relaxation	Pamper yourself	FREE	Think about happy memories	Use a stress ball
Ask for help	Punch a punching bag	Exercise	Set a realistic goal	Use positive self-talk
Take a nap	Sew or crochet	Remember you are enough	Take a shower	Deep breathing

Coping Skills Bingo

Set a realistic goal	Pray or meditate	Exercise	Sew or crochet	Punch a punching bag
Ask for help	Muscle relaxation	Arts and Crafts	Practice self-care	Try something new
Dance	Write in a journal	FREE	Use positive self-talk	Express your feelings
Be kind to yourself	Start a hobby or project	Read	Forgive someone	Use a stress ball
Deep breathing	Play cards	Go outside	Cooking	Let yourself cry