Coping Skills Bingo

Use a stress ball	*	Dance	Take a shower	Muscle relaxation
*	Think about happy memories	Punch a punching bag	*	Start a hobby or project
Talk to a friend	Use positive self-talk	**FREE**	*	Go outside
Let yourself cry	Take a time out	Listen to music	Excerise	Play with a pet
Deep breathing	*	Read	Write in a journal	Arts and Crafts

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

Coping Skills Bingo

Use positive self-talk	*	Take a shower	*	Punch a punching bag
Dance	Write in a journal	Muscle relaxation	*	Start a hobby or project
Let yourself cry	*	**FREE**	Go outside	*
Excerise	Read	Use a stress ball	Arts and Crafts	Take a time out
Listen to music	Play with a pet	Talk to a friend	Think about happy memories	Deep breathing

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

Coping Skills Bingo

*	Read	*	Play with a pet	*
Use a stress ball	Let yourself cry	Listen to music	Think about happy memories	Muscle relaxation
Talk to a friend	Arts and Crafts	**FREE**	Take a time out	Excerise
Use positive self-talk	Start a hobby or project	Take a shower	Write in a journal	Dance
Go outside	*	Punch a punching bag	*	Deep breathing

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