

Coping Skills Bingo

Write in a journal	Call a friend	Arts and Crafts	Go outside	Take a shower
Play an instrument	Do a crossword puzzle	Use positive self-talk	Sew or crochet	Cleaning
Start a hobby or project	Use a stress ball	FREE	help someone with a chore	Color
Listen to the radio	Deep breathing	Make a list of goals	Try something new	Meditate
Snuggle a pet	Use DEARMAN strategy	Listen to a podcast	Let yourself cry	Play cards

Coping Skills Bingo

Make a list of goals	Let yourself cry	Create a healthy bedtime routine	Dancing	Read
Play an instrument	Muscle relaxation	Color	Use a stress ball	Take a shower
Listen to the radio	Make a gratitude list	FREE	Use positive self-talk	Cleaning
help someone with a chore	Call a friend	Do a crossword puzzle	Learn a new cooking recipe	Sleep/nap
Think about happy memories	Start a hobby or project	Sew or crochet	Try something new	Deep breathing

Coping Skills Bingo

Snuggle a pet	Play an instrument	Do a crossword puzzle	Play cards	Call a friend
Listen to the radio	Arts and Crafts	Muscle relaxation	Read	Write in a journal
Create a healthy bedtime routine	yoga	FREE	smell essential oils	Exercise
Color	Take a shower	Sew or crochet	Go for a walk	help someone with a chore
Deep breathing	Cleaning	Start a hobby or project	Make a gratitude list	Go outside