

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Take a time out	Read
Exercise	Try something new	Sew or crochet	Cooking	Take a shower or bubble bath
Think about happy memories	Use positive self-talk	FREE	Dance	Play with a pet
Pray or meditate	Talk to a friend	Punch a punching bag	Play cards	Read
Listen to music	Deep breathing	Start a hobby or project	Write in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Cooking	Take a time out	Excerise	Sew or crochet
Let yourself cry	Write in a journal	Read	Deep breathing	Take a shower or bubble bath
Pray or meditate	Dance	FREE	Play with a pet	Arts and Crafts
Play cards	Start a hobby or project	Use a stress ball	Go outside	Talk to a friend
Punch a punching bag	Read	Think about happy memories	Try something new	Listen to music

Coping Skills Bingo

Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use a stress ball	Pray or meditate	Punch a punching bag	Try something new	Read
Think about happy memories	Go outside	FREE	Talk to a friend	Play cards
Use positive self-talk	Take a shower or bubble bath	Take a time out	Write in a journal	Let yourself cry
Play with a pet	Arts and Crafts	Sew or crochet	Exercise	Listen to music