Coping Skills Bingo

Use a stress ball	Call a friend	Arts and Crafts	Go outside	Sleep/nap
Muscle relaxation	Deep breathing	Try something new	Pray	Cleaning
Sing	Take a time out	**FREE**	Use positive self-talk	Color
Listen to the radio	Make a list of blessings in your life	Start a hobby or project	Meditate	Sew or crochet
Let yourself cry	Have a snack if hungry	Play cards	Dancing	Play with a pet

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Coping Skills Bingo

Muscle relaxation	Meditate	Cleaning	Think about happy memories	Cooking
Sleep/nap	Listen to the radio	Color	Make a list of blessings in your life	Try something new
Use positive self-talk	Call a friend	**FREE**	Pray	Play cards
Play with a pet	Make a list of goals	Do a crossword puzzle	Go outside	Read
Sing	Take a shower	Dancing	Sew or crochet	Deep breathing

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Coping Skills Bingo

Sew or crochet	Play cards	Play with a pet	Call a friend	Listen to the radio
Arts and Crafts	Meditate	Deep breathing	Use a stress ball	Cooking
Write in a journal	Watch a movie	**FREE**	Do a crossword puzzle	Cleaning
Sleep/nap	Pray	Go for a walk	Use positive self-talk	Muscle relaxation
Dancing	Sing	Make a list of blessings in your life	Go outside	Color

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