

Coping Skills Bingo

Watch a movie	Color a Picture	Meditate	Take a shower	Sew or crochet
Let out all emotions	Visualize a calming place	Spend time on a hobby	Exercise	Use positive self-talk
Write in a journal	Go for a walk	FREE	Pray	Put a puzzle together
Use a stress ball	Read inspirational quotes	Take 10 deep breaths	Paint	Sit & relax all muscles
Go outside	Try something new	List 3 positives about you	Yoga	Listen to music

Coping Skills Bingo

Write in a journal	Yoga	Exercise	Read inspirational quotes	Let out all emotions
Take a shower	Put a puzzle together	Meditate	Sit & relax all muscles	Go for a walk
Pray	Color a Picture	FREE	Paint	Take 10 deep breaths
Listen to music	Watch a movie	List 3 positives about you	Use a stress ball	Go outside
Sew or crochet	Play cards	Use positive self-talk	Spend time on a hobby	Visualize a calming place

Coping Skills Bingo

Use a stress ball	Paint	Write in a journal	Listen to music	Take a shower
Try something new	Use positive self-talk	Yoga	Read inspirational quotes	Go for a walk
Take 10 deep breaths	Exercise	FREE	Pray	Meditate
Play cards	Sew or crochet	Go outside	Color a Picture	Watch a movie
Visualize a calming place	Spend time on a hobby	Put a puzzle together	Sit & relax all muscles	List 3 positives about you