Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Take a time out	Read
Go outside	Use a stress ball	Start a hobby or project	Cooking	Try something new
Volunteering	Dance	**FREE**	Sew or crochet	Play with a pet
Excerise	Pray or meditate	Talk to a friend	Punch a punching bag	Take a shower
Think about happy memories	Play cards	Muscle relaxation	Resolving the Problem	Deep breathing

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Coping Skills Bingo

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

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Coping Skills Bingo

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

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