

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Take a bath with toys	Play with bubbles
Exercise	Try something new	Punch a pillow	Dance	Start a hobby or project
Think about happy memories	Use positive self-talk	FREE	Deep breathing	Play by yourself
Play cards	Talk to mom or dad	Play with a pet	Muscle relaxation	Pray or meditate
Listen to music	Draw a picture	Read	Yell into a pillow	Go outside

Coping Skills Bingo

Use positive self-talk	Dance	Take a bath with toys	Exercise	Punch a pillow
Let yourself cry	Yell into a pillow	Play with bubbles	Draw a picture	Start a hobby or project
Play cards	Deep breathing	FREE	Play by yourself	Arts and Crafts
Muscle relaxation	Read	Use a stress ball	Go outside	Talk to mom or dad
Play with a pet	Pray or meditate	Think about happy memories	Try something new	Listen to music

Coping Skills Bingo

Draw a picture	Read	Dance	Pray or meditate	Deep breathing
Use a stress ball	Play cards	Play with a pet	Try something new	Play with bubbles
Think about happy memories	Go outside	FREE	Talk to mom or dad	Muscle relaxation
Use positive self-talk	Start a hobby or project	Take a bath with toys	Yell into a pillow	Let yourself cry
Play by yourself	Arts and Crafts	Punch a pillow	Exercise	Listen to music