

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Exercise	Take a nap	Play cards
Do a puzzle	Use a fidget toy	Punch a punching bag	Color	Take a break
Talk to a friend	Watch TV	FREE	Dance	Listen to music
Play a Sport	Take a shower	Play an instrument	Go outside	Play with a pet
Go for a walk	Deep breathing	Read a book	Write in a journal	Engage in a hobby

Coping Skills Bingo

Watch TV	Color	Take a nap	Do a puzzle	Punch a punching bag
Exercise	Write in a journal	Play cards	Deep breathing	Take a break
Play a Sport	Dance	FREE	Listen to music	Arts and Crafts
Go outside	Read a book	Use a stress ball	Engage in a hobby	Take a shower
Play an instrument	Play with a pet	Talk to a friend	Use a fidget toy	Go for a walk

Coping Skills Bingo

Deep breathing	Read a book	Color	Play with a pet	Dance
Use a stress ball	Play a Sport	Play an instrument	Use a fidget toy	Play cards
Talk to a friend	Engage in a hobby	FREE	Take a shower	Go outside
Watch TV	Take a break	Take a nap	Write in a journal	Exercise
Listen to music	Arts and Crafts	Punch a punching bag	Do a puzzle	Go for a walk