

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Relaxing video
Exercise	Use a stress ball/fidget	Take a time out	Dance	Try something new
Watch a funny video/movie	Deep breathing	FREE	Play cards	Play with a pet
Think about happy memories	Read	Talk to Staff	Meditate	Start a hobby or project
Draw	Talk to staff	Go outside	Write in a journal	Let yourself cry

Coping Skills Bingo

Watch a funny video/movie	Write in a journal	Dance	Read	Exercise
Talk to a friend	Play with a pet	Listen to music	Start a hobby or project	Deep breathing
Play cards	Arts and Crafts	FREE	Meditate	Talk to Staff
Let yourself cry	Use positive self-talk	Go outside	Think about happy memories	Draw
Relaxing video	Muscle relaxation	Try something new	Take a time out	Use a stress ball/fidget

Coping Skills Bingo

Think about happy memories	Meditate	Watch a funny video/movie	Let yourself cry	Talk to a friend
Talk to staff	Try something new	Write in a journal	Read	Deep breathing
Talk to Staff	Dance	FREE	Play cards	Listen to music
Muscle relaxation	Relaxing video	Draw	Arts and Crafts	Use positive self-talk
Use a stress ball/fidget	Take a time out	Play with a pet	Start a hobby or project	Go outside