

Coping Skills Bingo

Use positive self-talk	Art	Eat a candy	Take a nap	Muscle relaxation
Deep breathing	Use a stress ball	Pray or meditate	Clean your room	Sew or crochet
Talk to a friend	Watch funny videos on youtube	FREE	Coloring	Journal
Let yourself cry	Take a shower	Listen to music	Go outside	Play a board game
Exercise	Dance	Read	Yoga	Drink water

Coping Skills Bingo

Watch funny videos on youtube	Clean your room	Take a nap	Deep breathing	Pray or meditate
Eat a candy	Yoga	Muscle relaxation	Dance	Sew or crochet
Let yourself cry	Coloring	FREE	Journal	Art
Go outside	Read	Use positive self-talk	Drink water	Take a shower
Listen to music	Play a board game	Talk to a friend	Use a stress ball	Exercise

Coping Skills Bingo

Dance	Read	Clean your room	Play a board game	Coloring
Use positive self-talk	Let yourself cry	Listen to music	Use a stress ball	Muscle relaxation
Talk to a friend	Drink water	FREE	Take a shower	Go outside
Watch funny videos on youtube	Sew or crochet	Take a nap	Yoga	Eat a candy
Journal	Art	Pray or meditate	Deep breathing	Exercise