

Coping Skills Bingo

Watch a funny movie	ABC's - name one happy thing for each letter	Hike	Use a stress ball	Read
Fish	Walk outside barefoot	Take a shower	Deep breathing	Try something new
Walk Outside	Write a letter about how I feel	FREE	Draw or Color	Play a card game
Play with a pet	Use positive self-talk	Punch a pillow	Listen to music	Ride Bike
Hold Ice	Exercise	Talk to a friend	Yoga	Help someone else

Coping Skills Bingo

Write a letter about how I feel	Deep breathing	Use a stress ball	Fish	Take a shower
Hike	Yoga	Read	Exercise	Try something new
Play with a pet	Draw or Color	FREE	Play a card game	ABC's - name one happy thing for each letter
Listen to music	Talk to a friend	Watch a funny movie	Help someone else	Use positive self-talk
Punch a pillow	Ride Bike	Walk Outside	Walk outside barefoot	Hold Ice

Coping Skills Bingo

Exercise	Talk to a friend	Deep breathing	Ride Bike	Draw or Color
Watch a funny movie	Play with a pet	Punch a pillow	Walk outside barefoot	Read
Walk Outside	Help someone else	FREE	Use positive self-talk	Listen to music
Write a letter about how I feel	Try something new	Use a stress ball	Yoga	Hike
Play a card game	ABC's - name one happy thing for each letter	Take a shower	Fish	Hold Ice