

Coping Skills Bingo

Watch TV	Count to 10	Help a friend	Think about something funny	Take a time out
Exercise	Visit your family	Take deep breaths	Dance	Talk to staff
Think of a relaxing place	Watch a movie	FREE	Do arts and crafts	Play a game
Play with putty	Think about things you like	Read	Paint something	Take a walk
Listen to music	Draw something	Talk to a friend	Write in a journal	Go outside

Coping Skills Bingo

Watch a movie	Dance	Think about something funny	Exercise	Take deep breaths
Help a friend	Write in a journal	Take a time out	Draw something	Talk to staff
Play with putty	Do arts and crafts	FREE	Play a game	Count to 10
Paint something	Talk to a friend	Watch TV	Go outside	Think about things you like
Read	Take a walk	Think of a relaxing place	Visit your family	Listen to music

Coping Skills Bingo

Draw something	Talk to a friend	Dance	Take a walk	Do arts and crafts
Watch TV	Play with putty	Read	Visit your family	Take a time out
Think of a relaxing place	Go outside	FREE	Think about things you like	Paint something
Watch a movie	Talk to staff	Think about something funny	Write in a journal	Help a friend
Play a game	Count to 10	Take deep breaths	Exercise	Listen to music