

Coping Skills Bingo

Watch a movie	Arts and Crafts	Let yourself cry	Talk to a friend	Read
Exercise	Use positive self-talk	Start a hobby or try new things	Cooking	Take a time out
Use a stress ball	Write in a journal	FREE	Dance	Play cards
Play with a pet	Think about happy memories	Pray or meditate	Muscle relaxation	Sew or crochet
Listen to music	Deep breathing	Take a shower	Yoga	Go outside

Coping Skills Bingo

Write in a journal	Cooking	Talk to a friend	Exercise	Start a hobby or try new things
Let yourself cry	Yoga	Read	Deep breathing	Take a time out
Play with a pet	Dance	FREE	Play cards	Arts and Crafts
Muscle relaxation	Take a shower	Watch a movie	Go outside	Think about happy memories
Pray or meditate	Sew or crochet	Use a stress ball	Use positive self-talk	Listen to music

Coping Skills Bingo

Deep breathing	Take a shower	Cooking	Sew or crochet	Dance
Watch a movie	Play with a pet	Pray or meditate	Use positive self-talk	Read
Use a stress ball	Go outside	FREE	Think about happy memories	Muscle relaxation
Write in a journal	Take a time out	Talk to a friend	Yoga	Let yourself cry
Play cards	Arts and Crafts	Start a hobby or try new things	Exercise	Listen to music