

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Muscle relaxation	Take a shower	Sleep
Exercise	Try something new	Take a Time Out	Cooking	Think about happy memories
Use positive self-talk	Dance	FREE	Punch a Punching Bag	Read
Talk to someone	Sew or crochet	Take a Walk	Play with a pet	Start a hobby or project
Deep breathing	Talk to a friend	Let yourself cry	Watch the Relaxing bottle	Listen to music

Coping Skills Bingo

Use positive self-talk	Watch the Relaxing bottle	Cooking	Sew or crochet	Excerise
Take a shower	Read	Muscle relaxation	Start a hobby or project	Dance
Punch a Punching Bag	Arts and Crafts	FREE	Play with a pet	Take a Walk
Listen to music	Use a stress ball	Let yourself cry	Talk to someone	Deep breathing
Sleep	Pray or meditate	Think about happy memories	Take a Time Out	Try something new

Coping Skills Bingo

Talk to someone	Play with a pet	Use positive self-talk	Listen to music	Take a shower
Talk to a friend	Think about happy memories	Watch the Relaxing bottle	Sew or crochet	Dance
Take a Walk	Cooking	FREE	Punch a Punching Bag	Muscle relaxation
Pray or meditate	Sleep	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Take a Time Out	Read	Start a hobby or project	Let yourself cry