Coping Skills

play with pets	Arts and Crafts	Leisure activities	Watch TV	Take a walk
Go outside	play a game	Talk to staff	Count to 10	Visit your family
exercise	start a new hobby	**FREE**	Dance	Read
Drawing	Take a shower/bath	Watch a movie	Take a time out	Write in a journal
Painting	Talk to a friend	Listen to music	Deep breathing	Think about loved ones

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Coping Skills

start a new hobby	Watch a movie	Visit your family	Think about loved ones	Write in a journal
Dance	Drawing	Take a walk	Go outside	Talk to a friend
Count to 10	Play cards	**FREE**	Arts and Crafts	Take a time out
play with pets	Deep breathing	take a walk	Watch TV	Talk to staff
Leisure activities	Read	Take a shower/bath	Painting	play a game

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Coping Skills

Go outside	Write in a journal	Take a shower/bath	Watch TV	Arts and Crafts
start a new hobby	Visit your family	Leisure activities	Drawing	Talk to a friend
Read	Play cards	**FREE**	Dance	Count to 10
Deep breathing	exercise	Take a walk	Listen to music	Think about loved ones
play a game	play with pets	Take a time out	Painting	Help a friend

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved