Coping Skills Bingo

Watch a movie	Arts and Crafts	Exercise	Talk to staff	Read
Deep breathing	Watch TV	Take a time out	Cooking	Talk to a friend
Think about loved ones	Write in a journal	**FREE**	Count to 10	Listen to music
Painting	Think about happy memories	Play cards	Help a friend	Sewing
Go outside	Dance	Take a walk	Yoga	Drawing

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Coping Skills Bingo

Write in a journal	Cooking	Talk to staff	Deep breathing	Take a time out
Exercise	Yoga	Read	Dance	Talk to a friend
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch a movie	Drawing	Think about happy memories
Play cards	Sewing	Think about loved ones	Watch TV	Go outside

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Coping Skills Bingo

Dance	Take a walk	Cooking	Sewing	Count to 10
Watch a movie	Painting	Play cards	Watch TV	Read
Think about loved ones	Drawing	**FREE**	Think about happy memories	Help a friend
Write in a journal	Talk to a friend	Talk to staff	Yoga	Exercise
Listen to music	Arts and Crafts	Take a time out	Deep breathing	Go outside

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