

Coping Skills Bingo!

Volunteer	Coloring	Arts and Crafts	Leisure activities	Take a walk
Play coping skills bingo!	Go outside	Think about loved ones	Start a new hobby	Think about happy memories
DBT Group	Paint your nails	FREE	Exercise	Play a game
Talk to a friend	Play cards	Take a time out	Talk to staff	Meditate
Listen to music	Read	Deep breathing	Relaxation Group	Count to 10

Coping Skills Bingo!

Think about happy memories	Deep breathing	Take a walk	Paint your nails	DBT Group
Play a game	Think about loved ones	Coloring	Volunteer	Start a new hobby
Take a walk	Read	FREE	Count to 10	Relaxation Group
Go outside	Leisure activities	Take a shower/bath	Watch a movie	Talk to a friend
Exercise	Take a time out	Arts and Crafts	Play coping skills bingo!	Visit with family

Coping Skills Bingo!

Deep breathing	Write in a journal	Watch a movie	Go outside	Count to 10
Take a walk	Start a new hobby	Help a friend	Coloring	Volunteer
Play coping skills bingo!	Exercise	FREE	Take a walk	Play a game
Leisure activities	Relaxation Group	Paint your nails	Listen to music	Take a time out
Visit with family	Gym	Talk to a friend	Play cards	Arts and Crafts