

# Coping Skills Bingo

|                            |                   |                 |                    |                          |
|----------------------------|-------------------|-----------------|--------------------|--------------------------|
| Use Positive Self-talk     | Arts and Crafts   | Go Outside      | Take a shower      | Pray or meditate         |
| Exercise                   | Try something new | Read            | Cooking            | Start a hobby or project |
| Think about happy memories | Use a stress ball | <b>FREE</b>     | Dance              | Muscle relaxation        |
| Play Cards                 | Take a time out   | Play with a pet | Listen to music    | Punch a punching bag     |
| Let yourself Cry           | Deep breathing    | Sew or crochet  | Write in a journal | Go Outside               |

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| Play Cards        | Dance                | <b>FREE</b>                | Muscle relaxation | Arts and Crafts          |
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| Use Positive Self-talk     | Play Cards               | Play with a pet | Try something new    | Pray or meditate |
| Think about happy memories | Go Outside               | <b>FREE</b>     | Take a time out      | Listen to music  |
| Use a stress ball          | Start a hobby or project | Take a shower   | Write in a journal   | Go Outside       |
| Muscle relaxation          | Arts and Crafts          | Read            | Exercise             | Let yourself Cry |