COPING SKILLS

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

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

COPING SKILLS

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

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

COPING SKILLS

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

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