Coping Skills Bingo

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

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Coping Skills Bingo

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

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Coping Skills Bingo

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

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