Coping Skills Bingo

Throw football	Arts and Crafts	Draw	Take a walk	Play cards
Dance	Think about loved ones	Play with my trains	Close my eyes	Take a time out
Think about happy memories	Watch TV	**FREE**	Cooking	Help a friend
Listen to music	Talk to a friend	Painting	Go outside	Play with my dogs
Drawing	Count to 10	Read	Watch a movie	Deep breathing

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Coping Skills Bingo

Watch TV	Close my eyes	Take a walk	Dance	Play with my trains
Draw	Watch a movie	Play cards	Count to 10	Take a time out
Listen to music	Cooking	**FREE**	Help a friend	Arts and Crafts
Go outside	Read	Throw football	Deep breathing	Talk to a friend
Painting	Play with my dogs	Think about happy memories	Think about loved ones	Drawing

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Coping Skills Bingo

Count to 10	Read	Close my eyes	Play with my dogs	Cooking
Throw football	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Deep breathing	**FREE**	Talk to a friend	Go outside
Watch TV	Take a time out	Take a walk	Watch a movie	Draw
Help a friend	Arts and Crafts	Play with my trains	Dance	Drawing

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