Coping Skills

Watch TV	Arts and Crafts	Exercise	Talk to Family	Read
Deep breathing	Think about loved ones	Take a bath or shower	Contact Providers	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Count to 10	Listen to music
Painting	Talk to a friend	Play cards	Help a friend	Stress balls
Go outside	Dance	Take a walk	Write in a journal	Drawing

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

Coping Skills

Watch a movie	Contact Providers	Talk to Family	Deep breathing	Take a bath or shower
Exercise	Write in a journal	Read	Dance	Take space
Painting	Count to 10	FREE SPACE!	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch TV	Drawing	Talk to a friend
Play cards	Stress balls	Think about happy memories	Think about loved ones	Go outside

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

Coping Skills

Dance	Take a walk	Contact Providers	Stress balls	Count to 10
Watch TV	Painting	Play cards	Think about loved ones	Read
Think about happy memories	Drawing	FREE SPACE!	Talk to a friend	Help a friend
Watch a movie	Take space	Talk to Family	Write in a journal	Exercise
Listen to music	Arts and Crafts	Take a bath or shower	Deep breathing	Go outside

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