

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Lay in bed	Talk to a friend	Pray or meditate
Go outside	Use a stress ball	Read	Cooking	Take a time out
Throw a ball around	Watch a movie	FREE	Deep breathing	Muscle relaxation
Play cards	Think about happy memories	Play with a pet	Listen to music	Punch a pillow
Let yourself cry	Exercise	Take a shower	Write in a journal	Jump up and down

Coping Skills Bingo

Watch a movie	Cooking	Talk to a friend	Go outside	Read
Lay in bed	Write in a journal	Pray or meditate	Exercise	Take a time out
Play cards	Deep breathing	FREE	Muscle relaxation	Arts and Crafts
Listen to music	Take a shower	Use positive self-talk	Jump up and down	Think about happy memories
Play with a pet	Punch a pillow	Throw a ball around	Use a stress ball	Let yourself cry

Coping Skills Bingo

Excerise	Take a shower	Cooking	Punch a pillow	Deep breathing
Use positive self-talk	Play cards	Play with a pet	Use a stress ball	Pray or meditate
Throw a ball around	Jump up and down	FREE	Think about happy memories	Listen to music
Watch a movie	Take a time out	Talk to a friend	Write in a journal	Lay in bed
Muscle relaxation	Arts and Crafts	Read	Go outside	Let yourself cry