

Coping Skills Bingo

Watch a movie	Arts and Crafts	Go outside	Talk with staff	Read
Exercise	Use positive self-talk	Take a shower	Cooking	Talk to a friend
Use a stress ball	Write in a journal	FREE	Dance	Listen to music
Muscle relaxation	Think about happy memories	Play a game	Let yourself cry	Start a hobby or try new things
Go to the park	Deep breathing	Take a time out	Write in journal	Go for a walk

Coping Skills Bingo

Write in a journal	Cooking	Talk with staff	Exercise	Take a shower
Go outside	Write in journal	Read	Deep breathing	Talk to a friend
Muscle relaxation	Dance	FREE	Listen to music	Arts and Crafts
Let yourself cry	Take a time out	Watch a movie	Go for a walk	Think about happy memories
Play a game	Start a hobby or try new things	Use a stress ball	Use positive self-talk	Go to the park

Coping Skills Bingo

Deep breathing	Take a time out	Cooking	Start a hobby or try new things	Dance
Watch a movie	Muscle relaxation	Play a game	Use positive self-talk	Read
Use a stress ball	Go for a walk	FREE	Think about happy memories	Let yourself cry
Write in a journal	Talk to a friend	Talk with staff	Write in journal	Go outside
Listen to music	Arts and Crafts	Take a shower	Exercise	Go to the park