Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Talk to a friend	Read
Excerise	Use a stress ball	Stop Freeze Think	Dance	Taking Space
Think about happy memories	Watch a movie	**FREE**	Deep breathing	Play with a pet
Pray or meditate	Talk to parent/caregiver	Punch a punching bag	Muscle relaxation	Start a hobby or try new things
Listen to music	Do Yoga	Take a shower	Write in a journal	Go outside

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Coping Skills Bingo

Watch a movie	Dance	Talk to a friend	Excerise	Stop Freeze Think
Let yourself cry	Write in a journal	Read	Do Yoga	Taking Space
Pray or meditate	Deep breathing	**FREE**	Play with a pet	Arts and Crafts
Muscle relaxation	Take a shower	Use positive self-talk	Go outside	Talk to parent/caregiver
Punch a punching bag	Start a hobby or try new things	Think about happy memories	Use a stress ball	Listen to music

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Coping Skills Bingo

Do Yoga	Take a shower	Dance	Start a hobby or try new things	Deep breathing
Use positive self-talk	Pray or meditate	Punch a punching bag	Use a stress ball	Read
Think about happy memories	Go outside	**FREE**	Talk to parent/caregiver	Muscle relaxation
Watch a movie	Taking Space	Talk to a friend	Write in a journal	Let yourself cry
Play with a pet	Arts and Crafts	Stop Freeze Think	Excerise	Listen to music

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