Coping Skills Bingo

Use a stress ball	Arts and Crafts	Excerise	Talk to a friend	Read
Do something kind	Think about happy memories	Take a time out	Count to 10	Talk to a friend
Talk to teacher	Watch TV	**FREE**	Dance	Listen to music
Nap	Talk to family	Play cards	Go outside	Sewing
Give someone a hug	Deep breathing	Take a walk	Write in a journal	Drawing

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Coping Skills Bingo

Watch TV	Count to 10	Talk to a friend	Do something kind	Take a time out
Excerise	Write in a journal	Read	Deep breathing	Talk to a friend
Nap	Dance	**FREE**	Listen to music	Arts and Crafts
Go outside	Take a walk	Use a stress ball	Drawing	Talk to family
Play cards	Sewing	Talk to teacher	Think about happy memories	Give someone a hug

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Coping Skills Bingo

Deep breathing	Take a walk	Count to 10	Sewing	Dance
Use a stress ball	Nap	Play cards	Think about happy memories	Read
Talk to teacher	Drawing	**FREE**	Talk to family	Go outside
Watch TV	Talk to a friend	Talk to a friend	Write in a journal	Excerise
Listen to music	Arts and Crafts	Take a time out	Do something kind	Give someone a hug

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