Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Go outside	Take a time out	Punch a pillow
Deep breathing	Use a stress ball	Start a hobby or project	Be kind to yourself	Try something new
Write in a journal	Cooking	**FREE**	Muscle relaxation	Play cards
Think about happy memories	Play with a pet	Take a shower or bath	Let yourself cry	Read
Dance	Talk to a friend	Excerise	meditate	Get more sleep

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Coping Skills Bingo

Write in a journal	meditate	Be kind to yourself	Play with a pet	Deep breathing
Take a time out	Play cards	Go outside	Read	Cooking
Muscle relaxation	Arts and Crafts	**FREE**	Let yourself cry	Take a shower or bath
Get more sleep	Use positive self-talk	Excerise	Think about happy memories	Dance
Punch a pillow	Listen to music	Try something new	Start a hobby or project	Use a stress ball

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Coping Skills Bingo

Think about happy memories	Let yourself cry	Write in a journal	Get more sleep	Take a time out
Talk to a friend	Try something new	meditate	Play with a pet	Cooking
Take a shower or bath	Be kind to yourself	**FREE**	Muscle relaxation	Go outside
Listen to music	Punch a pillow	Dance	Arts and Crafts	Use positive self-talk
Use a stress ball	Start a hobby or project	Play cards	Read	Excerise

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