

Coping Skills Bingo

ask for help	Arts and Crafts	Muscle relaxation	Try something new	Sew or crochet
Go outside	ask for 5 min.	Take a time out	Cooking	Think about happy memories
Write in a journal	Dance	FREE	Take a shower	Pray or meditate
Punch a punching bag	Use a stress ball	Read	Talk to a friend	Use positive self-talk
Play with a pet	Play cards	Start a hobby or project	Deep breathing	Exercise

Coping Skills Bingo

Take a shower	Sew or crochet	Dance	Write in a journal	Deep breathing
Try something new	Pray or meditate	Punch a punching bag	ask for 5 min.	Cooking
draw	Start a hobby or project	FREE	Go outside	Muscle relaxation
Talk to a friend	Think about happy memories	Take a time out	Use a stress ball	Excerise
Arts and Crafts	ask for help	take a walk	Listen to music	Play cards

Coping Skills Bingo

Take a shower	Go outside	Talk to a friend	Listen to music	Cooking
Arts and Crafts	take a walk	draw	Excerise	ask for 5 min.
Let yourself cry	Use a stress ball	FREE	Read	Think about happy memories
Start a hobby or project	Punch a punching bag	Pray or meditate	Dance	Use positive self-talk
Deep breathing	Write in a journal	Sew or crochet	Muscle relaxation	Take a time out