

Coping Skills Bingo

7 - Exercise	1 - Meditate	15 - Sleep	3 - Go outside for a walk	20 - Do an act of kindness for someone
13 - Play a game	6 - Read	22 - Do yoga	10 - Dance	24 - Eat something healthy
5 - Take a shower	8 - Listen to music	FREE	11 - Write a journal	18 - Watch a movie
19 - Say 3 positive things about yourself	4 - Use a stress ball	2 - Take a time out	17 - Think about happy memories	21 - Walk away from the problem
16 - Tell jokes	12 - Draw or color	23 - Sing	9 - Take 5 deep breaths	14 - Talk to staff family or friend

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