

Coping Skills Bingo

take 5	meditate	Listen to music	Yoga moves	Talk to a friend
Go outside	sing	Use a stress ball	Dance	Watch a movie
read a book	talk about it	FREE	Deep breathing	Punch a punching bag
Take a time out	draw about it	Take a walk	Play cards	Think about happy memories
Muscle relaxation	Exercise	Use positive self-talk	write about it	Let yourself cry

Coping Skills Bingo

talk about it	Dance	Yoga moves	Go outside	Use a stress ball
Listen to music	write about it	Talk to a friend	Excerise	Watch a movie
Take a time out	Deep breathing	FREE	Punch a punching bag	meditate
Play cards	Use positive self-talk	take 5	Let yourself cry	draw about it
Take a walk	Think about happy memories	read a book	sing	Muscle relaxation

Coping Skills Bingo

Excerise	Use positive self-talk	Dance	Think about happy memories	Deep breathing
take 5	Take a time out	Take a walk	sing	Talk to a friend
read a book	Let yourself cry	FREE	draw about it	Play cards
talk about it	Watch a movie	Yoga moves	write about it	Listen to music
Punch a punching bag	meditate	Use a stress ball	Go outside	Muscle relaxation