Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Take a time out	Pray or meditate
Excerise	Use a stress ball	Read	Cooking	Start a hobby or try new things
Think about happy memories	Watch a movie	**FREE**	Dance	Play cards
Play with a pet	Talk to a friend	Play with slime	Muscle relaxation	Punch a punching bag
Listen to music	Deep breathing	Sew or crochet	Write in a journal	Go outside

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Coping Skills Bingo

Watch a movie	Cooking	Take a time out	Excerise	Read
Let yourself cry	Write in a journal	Pray or meditate	Deep breathing	Start a hobby or try new things
Play with a pet	Dance	**FREE**	Play cards	Arts and Crafts
Muscle relaxation	Sew or crochet	Use positive self-talk	Go outside	Talk to a friend
Play with slime	Punch a punching bag	Think about happy memories	Use a stress ball	Listen to music

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Coping Skills Bingo

Deep breathing	Sew or crochet	Cooking	Punch a punching bag	Dance
Use positive self-talk	Play with a pet	Play with slime	Use a stress ball	Pray or meditate
Think about happy memories	Go outside	**FREE**	Talk to a friend	Muscle relaxation
Watch a movie	Start a hobby or try new things	Take a time out	Write in a journal	Let yourself cry
Play cards	Arts and Crafts	Read	Excerise	Listen to music

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