

# Coping Skills Bingo

|                            |                       |                          |                       |                              |
|----------------------------|-----------------------|--------------------------|-----------------------|------------------------------|
| Use positive self-talk     | Analyze the situation | Let yourself cry         | Take a shower         | Punch a punching bag         |
| Give your self a break     | Try something new     | Sew or crochet           | Cooking               | Step back and evaluate       |
| Think about happy memories | Write in a journal    | <b>FREE</b>              | Dance                 | Pick out the learning points |
| Play cards                 | Talk to a friend      | Pray or meditate         | Muscle relaxation     | Read                         |
| Listen to music            | Exercise              | Start a hobby or project | process your emotions | Go outside                   |

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| Write in a journal | Cooking                  | Take a shower              | Give your self a break       | Sew or crochet         |
| Let yourself cry   | process your emotions    | Punch a punching bag       | Excerise                     | Step back and evaluate |
| Play cards         | Dance                    | <b>FREE</b>                | Pick out the learning points | Analyze the situation  |
| Muscle relaxation  | Start a hobby or project | Use positive self-talk     | Go outside                   | Talk to a friend       |
| Pray or meditate   | Read                     | Think about happy memories | Try something new            | Listen to music        |

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| Use positive self-talk       | Play cards               | Pray or meditate | Try something new      | Punch a punching bag |
| Think about happy memories   | Go outside               | <b>FREE</b>      | Talk to a friend       | Muscle relaxation    |
| Write in a journal           | Step back and evaluate   | Take a shower    | process your emotions  | Let yourself cry     |
| Pick out the learning points | Analyze the situation    | Sew or crochet   | Give your self a break | Listen to music      |