Coping Skills Bingo

Uncover what is upsetting you	Analyze the situation	Let yourself cry	Step back and evaluate	Punch a punching bag
Get out of the house	Try something new	Sew or crochet	Attend a group	Start a hobby or project
Think about happy memories	Use positive self-talk	**FREE**	Cooking	Pick out the learning points
Play cards	Talk to a friend	Pray or meditate	Paint a Picture	Read
Muscle relaxation	Dance	Sing a song	process your emotions	Give your self a break

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Coping Skills Bingo

Use positive self-talk	Attend a group	Step back and evaluate	Get out of the house	Sew or crochet
Let yourself cry	process your emotions	Punch a punching bag	Dance	Start a hobby or project
Play cards	Cooking	**FREE**	Pick out the learning points	Analyze the situation
Paint a Picture	Sing a song	Uncover what is upsetting you	Give your self a break	Talk to a friend
Pray or meditate	Read	Think about happy memories	Try something new	Muscle relaxation

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Coping Skills Bingo

Dance	Sing a song	Attend a group	Read	Cooking
Uncover what is upsetting you	Play cards	Pray or meditate	Try something new	Punch a punching bag
Think about happy memories	Give your self a break	**FREE**	Talk to a friend	Paint a Picture
Use positive self-talk	Start a hobby or project	Step back and evaluate	process your emotions	Let yourself cry
Pick out the learning points	Analyze the situation	Sew or crochet	Get out of the house	Muscle relaxation

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