

Coping Skills Bingo

do some Yoga	Analyze the situation	Go out side	Step back and evaluate	Play a game n the computer/phone
Give your self a break	Use positive self-talk	Pray or meditate	Attend a group	Start a hobby or project
Uncover what is upsetting you	process your emotions	FREE	Bake something	Muscle relaxation
Paint a Picture	Think about happy memories	Pick out the learning points	Let yourself cry	Play cards
Go shopping	Get out of the house	Sing a song	use a stress ball	Go for a walk

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process your emotions	Attend a group	Step back and evaluate	Give your self a break	Pray or meditate
Go out side	use a stress ball	Play a game n the computer/phone	Get out of the house	Start a hobby or project
Paint a Picture	Bake something	FREE	Muscle relaxation	Analyze the situation
Let yourself cry	Sing a song	do some Yoga	Go for a walk	Think about happy memories
Pick out the learning points	Play cards	Uncover what is upsetting you	Use positive self-talk	Go shopping

Coping Skills Bingo

Get out of the house	Sing a song	Attend a group	Play cards	Bake something
do some Yoga	Paint a Picture	Pick out the learning points	Use positive self-talk	Play a game n the computer/phone
Uncover what is upsetting you	Go for a walk	FREE	Think about happy memories	Let yourself cry
process your emotions	Start a hobby or project	Step back and evaluate	use a stress ball	Go outside
Muscle relaxation	Analyze the situation	Pray or meditate	Give your self a break	Go shopping