

Coping Skills Bingo

Use a stress ball or fidget spinner	Arts and Crafts	Play cards	Take a time out or break	Read a book
Let yourself cry	Try something new	Sleep	Cooking	Take a shower or bath
Think about happy memories	Use positive self-talk	FREE	Deep breathing	Play with a pet
Pray or meditate	Talk to a friend	Punch a punching bag	Play video game	Sing or dance
Play outside	Exercise	Start a hobby or project	Write in a journal	Listen to your favorite music

Coping Skills Bingo

Use positive self-talk	Cooking	Take a time out or break	Let yourself cry	Sleep
Play cards	Write in a journal	Read a book	Exercise	Take a shower or bath
Pray or meditate	Deep breathing	FREE	Play with a pet	Arts and Crafts
Play video game	Start a hobby or project	Use a stress ball or fidget spinner	Listen to your favorite music	Talk to a friend
Punch a punching bag	Sing or dance	Think about happy memories	Try something new	Play outside

Coping Skills Bingo

Excerise	Start a hobby or project	Cooking	Sing or dance	Deep breathing
Use a stress ball or fidget spinner	Pray or meditate	Punch a punching bag	Try something new	Read a book
Think about happy memories	Listen to your favorite music	FREE	Talk to a friend	Play video game
Use positive self-talk	Take a shower or bath	Take a time out or break	Write in a journal	Play cards
Play with a pet	Arts and Crafts	Sleep	Let yourself cry	Play outside