

Coping Skills Bingo

Think of something you love	Attend church service	Go for a walk	Read the Bible	Meditate
Garden	Stretch	Play cards with a friend	Build something	Read a magazine
Squeeze a stress ball	Watch a funny movie	FREE	Dance	Make a gift for someone
Make a list of choices	Slowly count to ten	Make a snack	Listen to music	Pick some flowers
Learn something new	Doodle or draw	Pray	Write a thank you note	Get enough sleep

Coping Skills Bingo

Watch a funny movie	Build something	Read the Bible	Garden	Play cards with a friend
Go for a walk	Write a thank you note	Meditate	Doodle or draw	Read a magazine
Make a list of choices	Dance	FREE	Make a gift for someone	Attend church service
Listen to music	Pray	Think of something you love	Get enough sleep	Slowly count to ten
Make a snack	Pick some flowers	Squeeze a stress ball	Stretch	Learn something new

Coping Skills Bingo

Doodle or draw	Pray	Build something	Pick some flowers	Dance
Think of something you love	Make a list of choices	Make a snack	Stretch	Meditate
Squeeze a stress ball	Get enough sleep	FREE	Slowly count to ten	Listen to music
Watch a funny movie	Read a magazine	Read the Bible	Write a thank you note	Go for a walk
Make a gift for someone	Attend church service	Play cards with a friend	Garden	Learn something new