Coping Skills Bingo

Think of a happy memory	Call a helpline	Drink water	Start a new hobby	Reorganize your room
Do something kind	Talk to someone you trust	Set a goal	Cry	Sleep well
Take ten deep breaths	Wash your dishes	**FREE**	Cuddle with a stuffed animal	Laugh out loud
Make a playlist on your phone	Take a break	Re-read a favorite book	Go for a walk	Ride a bike
Eat healthy food	Do a puzzle	Sing	Write a story or a poem	Draw

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Coping Skills Bingo

Wash your dishes	Cry	Start a new hobby	Do something kind	Set a goal
Drink water	Write a story or a poem	Reorganize your room	Do a puzzle	Sleep well
Make a playlist on your phone	Cuddle with a stuffed animal	**FREE**	Laugh out loud	Call a helpline
Go for a walk	Sing	Think of a happy memory	Draw	Take a break
Re-read a favorite book	Ride a bike	Take ten deep breaths	Talk to someone you trust	Eat healthy food

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Coping Skills Bingo

Do a puzzle	Sing	Cry	Ride a bike	Cuddle with a stuffed animal
Think of a happy memory	Make a playlist on your phone	Re-read a favorite book	Talk to someone you trust	Reorganize your room
Take ten deep breaths	Draw	**FREE**	Take a break	Go for a walk
Wash your dishes	Sleep well	Start a new hobby	Write a story or a poem	Drink water
Laugh out loud	Call a helpline	Set a goal	Do something kind	Eat healthy food

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