

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Go outside	Take a time out	Pray or meditate
Deep breathing	Use a stress ball	Sew or crochet	Come to Lamar Meadows	Take a shower
Think about happy memories	Watch a movie	FREE	Cooking	Muscle relaxation
Play cards	Talk to a friend	Play with a pet	Listen to music	Read
Let yourself cry	Dance	Start a hobby or try new things	Write in a journal	Exercise

Coping Skills Bingo

Watch a movie	Come to Lamar Meadows	Take a time out	Deep breathing	Sew or crochet
Go outside	Write in a journal	Pray or meditate	Dance	Take a shower
Play cards	Cooking	FREE	Muscle relaxation	Arts and Crafts
Listen to music	Start a hobby or try new things	Use positive self-talk	Exercise	Talk to a friend
Play with a pet	Read	Think about happy memories	Use a stress ball	Let yourself cry

Coping Skills Bingo

Dance	Start a hobby or try new things	Come to Lamar Meadows	Read	Cooking
Use positive self-talk	Play cards	Play with a pet	Use a stress ball	Pray or meditate
Think about happy memories	Exercise	FREE	Talk to a friend	Listen to music
Watch a movie	Take a shower	Take a time out	Write in a journal	Go outside
Muscle relaxation	Arts and Crafts	Sew or crochet	Deep breathing	Let yourself cry