

Coping Skills Bingo

Watch a movie	Arts and Crafts	Go outside	Take a shower	Play with a pet
Deep breathing	Use positive self-talk	Read	Cleaning	Sing
Think about happy memories	Watch a movie	FREE	Come to Lamar Meadows	Listen to music
Muscle relaxation	Talk to a friend	Play games	Let yourself cry	Pray or meditate
Go shopping	Dance	Sew or crochet	Write in a journal	Exercise

Coping Skills Bingo

Watch a movie	Cleaning	Take a shower	Deep breathing	Read
Go outside	Write in a journal	Play with a pet	Dance	Sing
Muscle relaxation	Come to Lamar Meadows	FREE	Listen to music	Arts and Crafts
Let yourself cry	Sew or crochet	Watch a movie	Exercise	Talk to a friend
Play games	Pray or meditate	Think about happy memories	Use positive self-talk	Go shopping

Coping Skills Bingo

Dance	Sew or crochet	Cleaning	Pray or meditate	Come to Lamar Meadows
Watch a movie	Muscle relaxation	Play games	Use positive self-talk	Play with a pet
Think about happy memories	Excerise	FREE	Talk to a friend	Let yourself cry
Watch a movie	Sing	Take a shower	Write in a journal	Go outside
Listen to music	Arts and Crafts	Read	Deep breathing	Go shopping