

Coping Skills Bingo

Watch a movie	Cleaning	Go outside	Talk to a friend	Pray or meditate
Draw or Paint	Use positive self-talk	Sew or crochet	Come to Lamar Meadows	Take a shower
Think about happy memories	Watch a movie	FREE	Dance	Listen to music
Play games	Talking to a therapist	Play with a pet	Have some "me" time	Read
Go shopping	Deep breathing	Sing	Write in a journal	Exercise

Coping Skills Bingo

Watch a movie	Come to Lamar Meadows	Talk to a friend	Draw or Paint	Sew or crochet
Go outside	Write in a journal	Pray or meditate	Deep breathing	Take a shower
Play games	Dance	FREE	Listen to music	Cleaning
Have some "me" time	Sing	Watch a movie	Exercise	Talking to a therapist
Play with a pet	Read	Think about happy memories	Use positive self-talk	Go shopping

Coping Skills Bingo

Deep breathing	Sing	Come to Lamar Meadows	Read	Dance
Watch a movie	Play games	Play with a pet	Use positive self-talk	Pray or meditate
Think about happy memories	Exercise	FREE	Talking to a therapist	Have some "me" time
Watch a movie	Take a shower	Talk to a friend	Write in a journal	Go outside
Listen to music	Cleaning	Sew or crochet	Draw or Paint	Go shopping