

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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