

Coping Skills Bingo

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

Coping Skills Bingo

Watch a movie	Cooking	Take a time out	Draw or color	Read
Go outside	Write in a journal	Pray or meditate	Deep breathing	Take a shower
Play cards	Dance	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	Punch a pillow	Think about happy memories	Use a stress ball	Let yourself cry

Coping Skills Bingo

Deep breathing	Start a hobby or try new things	Cooking	Punch a pillow	Dance
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	Read	Draw or color	Let yourself cry