

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to staff	Relaxing video
Go outside	Use a stress ball/fidget	Take a time out	Dance	Talk to a friend
Try something new	Watch a funny video/movie	FREE	Deep breathing	Play cards
Play with a pet	Think about happy memories	Read	Muscle relaxation	Start a hobby or project
Meditate	Exercise	Talk to Staff	Write in a journal	Let yourself cry

Coping Skills Bingo

Watch a funny video/movie	Dance	Talk to staff	Go outside	Take a time out
Listen to music	Write in a journal	Relaxing video	Exercise	Talk to a friend
Play with a pet	Deep breathing	FREE	Play cards	Arts and Crafts
Muscle relaxation	Talk to Staff	Use positive self-talk	Let yourself cry	Think about happy memories
Read	Start a hobby or project	Try something new	Use a stress ball/fidget	Meditate

Coping Skills Bingo

Exercise	Talk to Staff	Dance	Start a hobby or project	Deep breathing
Use positive self-talk	Play with a pet	Read	Use a stress ball/fidget	Relaxing video
Try something new	Let yourself cry	FREE	Think about happy memories	Muscle relaxation
Watch a funny video/movie	Talk to a friend	Talk to staff	Write in a journal	Listen to music
Play cards	Arts and Crafts	Take a time out	Go outside	Meditate