

Coping Skills Bingo

Watch a comedy	Arts/Crafts	Help someone out	Talk to a Friend	Spend time with a pet
Exercise	Think about happy memories	Stress Ball/Fidget	Count to 10	Take a walk
Tell funny joke/story	Watch a movie	FREE	Deep Breaths	Plan ahead
Read a book	Talk to staff	Relaxing Video	Listen to music	Spend time with family
Laugh it off/ignore	Drawing	Take a time out	Write in a journal	Go outside

Coping Skills Bingo

Watch a movie	Count to 10	Talk to a Friend	Exercise	Stress Ball/Fidget
Help someone out	Write in a journal	Spend time with a pet	Drawing	Take a walk
Read a book	Deep Breaths	FREE	Plan ahead	Arts/Crafts
Listen to music	Take a time out	Watch a comedy	Go outside	Talk to staff
Relaxing Video	Spend time with family	Tell funny joke/story	Think about happy memories	Laugh it off/ignore

Coping Skills Bingo

Drawing	Take a time out	Count to 10	Spend time with family	Deep Breaths
Watch a comedy	Read a book	Relaxing Video	Think about happy memories	Spend time with a pet
Tell funny joke/story	Go outside	FREE	Talk to staff	Listen to music
Watch a movie	Take a walk	Talk to a Friend	Write in a journal	Help someone out
Plan ahead	Arts/Crafts	Stress Ball/Fidget	Exercise	Laugh it off/ignore