Coping Skills Bingo

try some aromatherapy	Think about your kids	Excise	go out somewhere in public	stretch
play a sport	count to 10	think about happy memories	punch a punching bag	arts and crafts
sing	talk to staff/group	**FREE**	visit your family	be with other people
pray	listen to music	listen to music	take a time out	meditate
sewing	talk to someone	go to a friends	go shopping	play cards

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Coping Skills Bingo

listen to music	go outside	be with other people	cook	play with a pet
play a sport	painting	bake	talk to staff/group	clean
take a nap	listen to music	**FREE**	think about loved ones	arts and crafts
visit your family	think about happy memories	pray	stretch	play cards
make a list of blessings	count to 10	go out somewhere in public	read a good book	watch tv

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Coping Skills Bingo

take a nap	sing	punch a punching bag	take drive	be with other people
cooking	read a good book	play a sport	count to 10	sewing
play with a pet	Think about your kids	**FREE**	help a friend	Excise
painting	try some aromatherapy	clean	write in a journal	write
dance	watch tv	bake	stretch	drawing

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