

Coping Skills BINGO

Use positive self-talk	Build something	Go outside	Take a time out	Pray or meditate
Exercise	Use a stress ball	Read	Dance	Start a new hobby
Think about happy memories	Walk away	FREE	Deep breathing	Muscle relaxation
Play a game	Talk to a someone	Play with a pet	Listen to music	Punch a pillow
Let yourself cry	Draw a picture	Splash water on face	Write in a journal	Get help from adult

Coping Skills BINGO

Walk away	Dance	Take a time out	Exercise	Read
Go outside	Write in a journal	Pray or meditate	Draw a picture	Start a new hobby
Play a game	Deep breathing	FREE	Muscle relaxation	Build something
Listen to music	Splash water on face	Use positive self-talk	Get help from adult	Talk to a someone
Play with a pet	Punch a pillow	Think about happy memories	Use a stress ball	Let yourself cry

Coping Skills BINGO

Draw a picture	Splash water on face	Dance	Punch a pillow	Deep breathing
Use positive self-talk	Play a game	Play with a pet	Use a stress ball	Pray or meditate
Think about happy memories	Get help from adult	FREE	Talk to a someone	Listen to music
Walk away	Start a new hobby	Take a time out	Write in a journal	Go outside
Muscle relaxation	Build something	Read	Exercise	Let yourself cry