

Coping Skills Bingo

Use positive self-talk	Buy yourself a present	List your traits	Take a bubble bath	Read
Go get coffee with a friend	Try something new	Sew or crochet	Cook a new dish	Start a scrapbook
Talk to a friend	Write in a journal	FREE	Dance	Play cards
Play with a pet	Take a walk	Pray or meditate	Play an instrument	Read a self help book
Listen to music	Exercise	Start a hobby or project	Yoga	Go outside

Coping Skills Bingo

Write in a journal	Cook a new dish	Take a bubble bath	Go get coffee with a friend	Sew or crochet
List your traits	Yoga	Read	Exercise	Start a scrapbook
Play with a pet	Dance	FREE	Play cards	Buy yourself a present
Play an instrument	Start a hobby or project	Use positive self-talk	Go outside	Take a walk
Pray or meditate	Read a self help book	Talk to a friend	Try something new	Listen to music

Coping Skills Bingo

Exercise	Start a hobby or project	Cook a new dish	Read a self help book	Dance
Use positive self-talk	Play with a pet	Pray or meditate	Try something new	Read
Talk to a friend	Go outside	FREE	Take a walk	Play an instrument
Write in a journal	Start a scrapbook	Take a bubble bath	Yoga	List your traits
Play cards	Buy yourself a present	Sew or crochet	Go get coffee with a friend	Listen to music