

# Coping Skills Bingo

|                            |                         |                                |                          |                                     |
|----------------------------|-------------------------|--------------------------------|--------------------------|-------------------------------------|
| get<br>enough<br>sleep     | Arts and<br>Crafts      | Muscle<br>relaxation           | Try<br>something<br>new  | Sew or<br>crochet                   |
| Go<br>outside              | eat<br>healthy<br>meals | Take a<br>time out             | Cooking                  | Think<br>about<br>happy<br>memories |
| Write in<br>a journal      | Dance                   | <b>FREE</b>                    | Take a<br>bubble<br>bath | Pray or<br>meditate                 |
| Punch a<br>punching<br>bag | Use a<br>stress<br>ball | Read                           | Talk to a<br>friend      | Use<br>positive<br>self-talk        |
| Play<br>with a<br>pet      | Play<br>cards           | Start a<br>hobby or<br>project | Deep<br>breathing        | Exercise                            |

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|                        |                            |                      |                    |                   |
|------------------------|----------------------------|----------------------|--------------------|-------------------|
| Take a bubble bath     | Sew or crochet             | Dance                | Write in a journal | Deep breathing    |
| Try something new      | Pray or meditate           | Punch a punching bag | eat healthy meals  | Cooking           |
| make time for yourself | Start a hobby or project   | <b>FREE</b>          | Go outside         | Muscle relaxation |
| Talk to a friend       | Think about happy memories | Take a time out      | Use a stress ball  | Excerise          |
| Arts and Crafts        | get enough sleep           | pamper yourself      | Listen to music    | Play cards        |

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|                          |                      |                        |                   |                            |
|--------------------------|----------------------|------------------------|-------------------|----------------------------|
| Take a bubble bath       | Go outside           | Talk to a friend       | Listen to music   | Cooking                    |
| Arts and Crafts          | pamper yourself      | make time for yourself | Excerise          | eat healthy meals          |
| Let yourself cry         | Use a stress ball    | <b>FREE</b>            | Read              | Think about happy memories |
| Start a hobby or project | Punch a punching bag | Pray or meditate       | Dance             | Use positive self-talk     |
| Deep breathing           | Write in a journal   | Sew or crochet         | Muscle relaxation | Take a time out            |