

Coping Skills Bingo

Use positive self-talk	Color a Picture	Listen to music	Talk to a friend	Read
Go outside	Use a stress ball	Start a hobby or project	Cook or Bake	Take a shower
Try something new	Write in a journal	FREE	Count to 10	Play cards
Play with a pet	Think about happy memories	Pray	Paint	Sew or crochet
Meditate	Go for a walk	Take 10 deep breaths	Yoga	List 3 positives about you

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Write in a journal	Cook or Bake	Talk to a friend	Go outside	Start a hobby or project
Listen to music	Yoga	Read	Go for a walk	Take a shower
Play with a pet	Count to 10	FREE	Play cards	Color a Picture
Paint	Take 10 deep breaths	Use positive self-talk	List 3 positives about you	Think about happy memories
Pray	Sew or crochet	Try something new	Use a stress ball	Meditate

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Go for a walk	Take 10 deep breaths	Cook or Bake	Sew or crochet	Count to 10
Use positive self-talk	Play with a pet	Pray	Use a stress ball	Read
Try something new	List 3 positives about you	FREE	Think about happy memories	Paint
Write in a journal	Take a shower	Talk to a friend	Yoga	Listen to music
Play cards	Color a Picture	Start a hobby or project	Go outside	Meditate