

Coping Skills Bingo

Watch a movie	Color a Picture	Listen to music	Talk to a friend	Read inspirational quotes
Go outside	Use positive self-talk	Sit & relax all muscles	Cook or Bake	Take a shower
Use a stress ball	Write in a journal	FREE	Exercise	Play cards
Pray	Try something new	Put a puzzle together	Paint	Sew or crochet
Meditate	Go for a walk	Take 10 deep breaths	Yoga	List 3 positives about you

Coping Skills Bingo

Write in a journal	Cook or Bake	Talk to a friend	Go outside	Sit & relax all muscles
Listen to music	Yoga	Read inspirational quotes	Go for a walk	Take a shower
Pray	Exercise	FREE	Play cards	Color a Picture
Paint	Take 10 deep breaths	Watch a movie	List 3 positives about you	Try something new
Put a puzzle together	Sew or crochet	Use a stress ball	Use positive self-talk	Meditate

Coping Skills Bingo

Go for a walk	Take 10 deep breaths	Cook or Bake	Sew or crochet	Exercise
Watch a movie	Pray	Put a puzzle together	Use positive self-talk	Read inspirational quotes
Use a stress ball	List 3 positives about you	FREE	Try something new	Paint
Write in a journal	Take a shower	Talk to a friend	Yoga	Listen to music
Play cards	Color a Picture	Sit & relax all muscles	Go outside	Meditate