

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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