

Coping Skills Bingo

Watch a movie	Color a Picture	List 3 things you are thankful for	Talk to your sponsor	Put a puzzle together
Go to a meeting	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	Paint
Play cards	Try something new	Pray	Meditate	Read inspirational quotes
Listen to music	Go outside	Take 10 deep breaths	Yoga	List 3 positives about you

Coping Skills Bingo

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

Coping Skills Bingo

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