Coping Skills Bingo

Use a stress ball	Arts and Crafts	Exercise	Start a hobby or project	Read
Electronic media	Try something new	Social support: call a friend	Cleaning	Think about happy memories
Use positive self-talk	Cooking	**FREE**	Sleep/nap	Muscle relaxation
Deep breathing	Play cards	Take a shower	Play with a pet	Spirituality:Pray or meditate
Take a time out	Listen to music	Go outside	Sew or crochet	Dancing

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Coping Skills Bingo

Sleep/nap	Read	Cooking	Think about happy memories	Dancing
Take a shower	Muscle relaxation	Play cards	Try something new	Cleaning
Use positive self-talk	Start a hobby or project	**FREE**	Sew or crochet	Electronic media
Exercise	Social support: call a friend	Take a time out	Deep breathing	Spirituality:Pray or meditate
Arts and Crafts	Use a stress ball	Write in a journal	Emotional expression: Let yourself cry	Go outside

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Coping Skills Bingo

Sleep/nap	Electronic media	Spirituality:Pray or meditate	Emotional expression: Let yourself cry	Cleaning
Arts and Crafts	Write in a journal	Exercise	Use positive self-talk	Deep breathing
Try something new	Take a time out	**FREE**	Play with a pet	Start a hobby or project
Dancing	Sew or crochet	Play cards	Muscle relaxation	Cooking
Think about happy memories	Read	Go outside	Social support: call a friend	Use a stress ball

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