

Coping Skills Bingo

Use positive self-talk	Call a friend	Arts and Crafts	Go outside	Sleep/nap
Muscle relaxation	Deep breathing	Try something new	Pray	Think about happy memories
Color	Make a list of blessings in your life	FREE	Dancing	Make a list of goals
Take a shower	Meditate	Sew or crochet	Take a time out	Listen to music
Let yourself cry	Play cards	Cooking	Play with a pet	Cleaning

Coping Skills Bingo

Think about happy memories	Cooking	Start a hobby or project	Make a list of blessings in your life	Color
Make a list of goals	Try something new	Call a friend	Use positive self-talk	Pray
Sleep/nap	Play cards	FREE	Cleaning	Play with a pet
Deep breathing	Go outside	Read	Watch a movie	Take a shower
Dancing	Sew or crochet	Arts and Crafts	Muscle relaxation	Use a stress ball

Coping Skills Bingo

Cooking	Write in a journal	Watch a movie	Deep breathing	Cleaning
Start a hobby or project	Pray	Exercise	Call a friend	Use positive self-talk
Muscle relaxation	Dancing	FREE	Sleep/nap	Make a list of goals
Go outside	Play with a pet	Make a list of blessings in your life	Let yourself cry	Sew or crochet
Use a stress ball	Do a crossword puzzle	Take a shower	Meditate	Arts and Crafts