Coping Skills Bingo

Use a stress ball	Arts and Crafts	Go outside	Talk to a friend	Read
Eat your favorite food	Try something new	Take a shower	Cooking	Take a walk
Try something new	Use positive self-talk	**FREE**	Dance	Play cards
Play with a pet	Think about happy memories	Practice meditation	Listen to music	Take a nap
Let yourself cry	Deep breathing	Take a time out	Write in a journal	Exercise

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Coping Skills Bingo

Use positive self-talk	Cooking	Talk to a friend	Eat your favorite food	Take a shower
Go outside	Write in a journal	Read	Deep breathing	Take a walk
Play with a pet	Dance	**FREE**	Play cards	Arts and Crafts
Listen to music	Take a time out	Use a stress ball	Exercise	Think about happy memories
Practice meditation	Take a nap	Try something new	Try something new	Let yourself cry

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Coping Skills Bingo

Deep breathing	Take a time out	Cooking	Take a nap	Dance
Use a stress ball	Play with a pet	Practice meditation	Try something new	Read
Try something new	Exercise	**FREE**	Think about happy memories	Listen to music
Use positive self-talk	Take a walk	Talk to a friend	Write in a journal	Go outside
Play cards	Arts and Crafts	Take a shower	Eat your favorite food	Let yourself cry

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