Coping Skills Bingo

Use a stress ball	Arts and Crafts	Listen to music	Take a shower	Punch a punching bag
Excerise	Try something new	Sew or crochet	Cooking	Think about happy memories
Use positive self-talk	Dance	**FREE**	Play cards	Play with a pet
Talk to a friend	Pray or meditate	Start a hobby or project	Muscle relaxation	Read
Deep breathing	Take a time out	Go outside	Write in a journal	Let yourself cry

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Coping Skills Bingo

Use positive self-talk	Write in a journal	Cooking	Pray or meditate	Excerise
Take a shower	Play with a pet	Listen to music	Read	Dance
Play cards	Arts and Crafts	**FREE**	Muscle relaxation	Start a hobby or project
Let yourself cry	Use a stress ball	Go outside	Talk to a friend	Deep breathing
Punch a punching bag	Nap	Think about happy memories	Sew or crochet	Try something new

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Coping Skills Bingo

Talk to a friend	Muscle relaxation	Use positive self-talk	Let yourself cry	Take a shower
Take a time out	Think about happy memories	Write in a journal	Pray or meditate	Dance
Start a hobby or project	Cooking	**FREE**	Play cards	Listen to music
Nap	Punch a punching bag	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Sew or crochet	Play with a pet	Read	Go outside

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