

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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