

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Listen to music	Talk to someone	Read
Go outside	Use a clam app	Take a shower	Check in with your feelings	Talk to a friend
Try something new	Use positive self-talk	FREE	Dance	Play with a pet
Draw	Pray or meditate	Think about happy memories	Punch a punching bag	Track your stress
Muscle relaxation	Start a hobby or project	Mindful breathing	Deep breathing	Take a time out

Coping Skills Bingo

Use positive self-talk	Think about happy memories	Talk to a friend	Take a time out	Track your stress
Dance	Draw	Read	Go outside	Start a hobby or project
Check in with your feelings	Physical activities Getting enough sleep	FREE	Arts and Crafts	Punch a punching bag
Use a stress ball	Deep breathing	Write in a journal	Talk to someone	Take a shower
Listen to music	Play with a pet	Pray or meditate	Muscle relaxation	Use a clam app

Coping Skills Bingo

Go outside	Track your stress	Pray or meditate	Talk to someone	Arts and Crafts
Use positive self-talk	Talk to a friend	Listen to music	Draw	Start a hobby or project
Play with a pet	Physical activities Getting enough sleep	FREE	Dance	Check in with your feelings
Deep breathing	Try something new	Read	Mindful breathing	Take a time out
Use a clam app	Use a stress ball	Punch a punching bag	Muscle relaxation	Let yourself cry