

Coping Skills Bingo

Try something new	Blow bubbles	Let yourself cry	Take a nap	Practice a sport
Draw or doodle	Think about happy memories	Read	Cooking	Stretch
Talk to a friend	Use positive self-talk	FREE	Dance	Play cards
Play with a pet	Take a shower	Play with slime	Muscle relaxation	Pray or meditate
Listen to music	Deep breathing	Smell a favorite scent	Write in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Cooking	Take a nap	Draw or doodle	Read
Let yourself cry	Write in a journal	Practice a sport	Deep breathing	Stretch
Play with a pet	Dance	FREE	Play cards	Blow bubbles
Muscle relaxation	Smell a favorite scent	Try something new	Go outside	Take a shower
Play with slime	Pray or meditate	Talk to a friend	Think about happy memories	Listen to music

Coping Skills Bingo

Deep breathing	Smell a favorite scent	Cooking	Pray or meditate	Dance
Try something new	Play with a pet	Play with slime	Think about happy memories	Practice a sport
Talk to a friend	Go outside	FREE	Take a shower	Muscle relaxation
Use positive self-talk	Stretch	Take a nap	Write in a journal	Let yourself cry
Play cards	Blow bubbles	Read	Draw or doodle	Listen to music