

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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