

Coping Skills Bingo

Use positive self-talk	Control my emotions	Let the problem pass	Take a time out	Punch a punching bag
Excerise	Try something new	Sew or crochet	Dance/Sing	Take a shower
Think about happy memories	Watch T.V.	FREE	Deep breathing	Pick a fight
Plan on how to solve problems	Talk to a friend	Pray or meditate	Participate in activities	Read
Let yourself cry	Deny my problems	Sleep	Write a diary	Laugh at problems

Coping Skills Bingo

Watch T.V.	Dance/Sing	Take a time out	Excerise	Sew or crochet
Let the problem pass	Write a diary	Punch a punching bag	Deny my problems	Take a shower
Plan on how to solve problems	Deep breathing	FREE	Pick a fight	Control my emotions
Participate in activities	Sleep	Use positive self-talk	Laugh at problems	Talk to a friend
Pray or meditate	Read	Think about happy memories	Try something new	Let yourself cry

Coping Skills Bingo

Deny my problems	Sleep	Dance/Sing	Read	Deep breathing
Use positive self-talk	Plan on how to solve problems	Pray or meditate	Try something new	Punch a punching bag
Think about happy memories	Laugh at problems	FREE	Talk to a friend	Participate in activities
Watch T.V.	Take a shower	Take a time out	Write a diary	Let the problem pass
Pick a fight	Control my emotions	Sew or crochet	Exercise	Let yourself cry