

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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