

Coping Skills Bingo

Try something new	Control emotions	Let the problem pass	Take a shower	Punch someone or a punching bag
Ignore problems	Think happy memories	Sew or Crochet	Dance/Sing	Sleep
Talk to a friend	Watch T.V	FREE	Deep Breathing	Plan to solve the problem
Positive self-talk	Take a time out	Pray or Meditate	Participate in activities	Read
Let yourself cry	Excercise	Shut yourself from others	Write a diary	Laugh at problems

Coping Skills Bingo

Watch T.V	Dance/Sing	Take a shower	Ignore problems	Sew or Crochet
Let the problem pass	Write a diary	Punch someone or a punching bag	Excercise	Sleep
Positive self-talk	Deep Breathing	FREE	Plan to solve the problem	Control emotions
Participate in activities	Shut yourself from others	Try something new	Laugh at problems	Take a time out
Pray or Meditate	Read	Talk to a friend	Think happy memories	Let yourself cry

Coping Skills Bingo

Exercise	Shut yourself from others	Dance/Sing	Read	Deep Breathing
Try something new	Positive self-talk	Pray or Meditate	Think happy memories	Punch someone or a punching bag
Talk to a friend	Laugh at problems	FREE	Take a time out	Participate in activities
Watch T.V	Sleep	Take a shower	Write a diary	Let the problem pass
Plan to solve the problem	Control emotions	Sew or Crochet	Ignore problems	Let yourself cry