Coping Skills Bingo

Write a story	Color	Listen to music	Try something new	Take a nap
Exercise	Walk in the backyard	Take a time out	Dance	Think about happy memories
Use positive self-talk	Write in a journal	**FREE**	Deep breathing	Punch a pillow
Read	Use a stress ball	Start a new art project	Play with a pet	Take a shower
Play cards	Draw a picture	Talk to a friend	Yoga	Let yourself cry

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Coping Skills Bingo

Write in a journal	Dance	Try something new	Exercise	Take a time out
Listen to music	Yoga	Take a nap	Draw a picture	Think about happy memories
Read	Deep breathing	**FREE**	Punch a pillow	Color
Play with a pet	Talk to a friend	Write a story	Let yourself cry	Use a stress ball
Start a new art project	Take a shower	Use positive self-talk	Walk in the backyard	Play cards

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Coping Skills Bingo

Draw a picture	Talk to a friend	Dance	Take a shower	Deep breathing
Write a story	Read	Start a new art project	Walk in the backyard	Take a nap
Use positive self-talk	Let yourself cry	**FREE**	Use a stress ball	Play with a pet
Write in a journal	Think about happy memories	Try something new	Yoga	Listen to music
Punch a pillow	Color	Take a time out	Exercise	Play cards

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