

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Read
Go outside	Use a stress ball	Start a hobby or project	Cooking	Take a time out
Try something new	Write in a journal	FREE	Dance	Play with a pet
Pray or meditate	Think about happy memories	Punch a punching bag	Play cards	Sew or crochet
Muscle relaxation	Deep breathing	Take a shower	be yourself	Let yourself cry

Coping Skills Bingo

Write in a journal	Cooking	Talk to a friend	Go outside	Start a hobby or project
Listen to music	be yourself	Read	Deep breathing	Take a time out
Pray or meditate	Dance	FREE	Play with a pet	Arts and Crafts
Play cards	Take a shower	Use positive self-talk	Let yourself cry	Think about happy memories
Punch a punching bag	Sew or crochet	Try something new	Use a stress ball	Muscle relaxation

Coping Skills Bingo

Deep breathing	Take a shower	Cooking	Sew or crochet	Dance
Use positive self-talk	Pray or meditate	Punch a punching bag	Use a stress ball	Read
Try something new	Let yourself cry	FREE	Think about happy memories	Play cards
Write in a journal	Take a time out	Talk to a friend	be yourself	Listen to music
Play with a pet	Arts and Crafts	Start a hobby or project	Go outside	Muscle relaxation