Coping Skills Bingo

Use positive self-talk	Color	Let yourself cry	Take a time out	Play with a pet
Exercise	Use a stress ball	Read	Cook or bake	Take a shower
Think about happy memories	Watch a movie	**FREE**	Dance	Muscle relaxation
Paint	Talk to a friend	Play cards	Meditate	Punch a punching bag
Listen to music	Deep breathing	Start a hobby or try new things	Write in a journal	Go outside

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Coping Skills Bingo

Watch a movie	Cook or bake	Take a time out	Exercise	Read
Let yourself cry	Write in a journal	Play with a pet	Deep breathing	Take a shower
Paint	Dance	**FREE**	Muscle relaxation	Color
Meditate	Start a hobby or try new things	Use positive self-talk	Go outside	Talk to a friend
Play cards	Punch a punching bag	Think about happy memories	Use a stress ball	Listen to music

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Coping Skills Bingo

Deep breathing	Start a hobby or try new things	Cook or bake	Punch a punching bag	Dance
Use positive self-talk	Paint	Play cards	Use a stress ball	Play with a pet
Think about happy memories	Go outside	**FREE**	Talk to a friend	Meditate
Watch a movie	Take a shower	Take a time out	Write in a journal	Let yourself cry
Muscle relaxation	Color	Read	Exercise	Listen to music

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