

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Go outside	Talk to your counselor	Punch a pillow
Draw	Use a stress ball	Take a shower	Cooking	Talk to a friend
Try new things	Watch a movie	FREE	Dance	Muscle relaxation
Play cards	Think about happy memories	Pray or meditate	Listen to music	Read
Let yourself cry	Deep breathing	Take a time out	Write in a journal	Exercise

Coping Skills Bingo

Watch a movie	Cooking	Talk to your counselor	Draw	Take a shower
Go outside	Write in a journal	Punch a pillow	Deep breathing	Talk to a friend
Play cards	Dance	FREE	Muscle relaxation	Arts and Crafts
Listen to music	Take a time out	Use positive self-talk	Exercise	Think about happy memories
Pray or meditate	Read	Try new things	Use a stress ball	Let yourself cry

Coping Skills Bingo

Deep breathing	Take a time out	Cooking	Read	Dance
Use positive self-talk	Play cards	Pray or meditate	Use a stress ball	Punch a pillow
Try new things	Exercise	FREE	Think about happy memories	Listen to music
Watch a movie	Talk to a friend	Talk to your counselor	Write in a journal	Go outside
Muscle relaxation	Arts and Crafts	Take a shower	Draw	Let yourself cry