

Coping Skills Bingo

take a shower or bath	Cooking	Arts and Crafts	Play cards	clean
Take a time out	Go outside	set a goal	Try something new	Dance
Write in a journal	make a list	FREE	write a letter	Deep breathing
Read	Sew or crochet	dance	Take a shower	Use positive self-talk
Pray or meditate	Play with a pet	Talk to a friend	Go for a walk	Think about happy memories

Coping Skills Bingo

Take a time out	Take a shower	Dance	make a list of solutions	Exercise
clean	Read	Deep breathing	Sew or crochet	set a goal
write a letter	Cooking	FREE	Try something new	Talk to a friend
Think about happy memories	Start a hobby or project	Let yourself cry	Play cards	Use a stress ball
Write in a journal	imagine your favorite place	Go for a walk	Use positive self-talk	Go outside

Coping Skills Bingo

Use positive self-talk	Talk to a friend	Think about happy memories	Cooking	Read
Arts and Crafts	Take a shower	Go outside	take a shower or bath	Exercise
yoga	write a poem	FREE	Let yourself cry	Dance
clean	Try something new	Muscle relaxation	write a letter	Take a time out
Go for a walk	Write in a journal	Sew or crochet	Play cards	Deep breathing