

Coping Skills Bingo

write a poem	Arts and crafts	color	set a goal	make a list of solutions
call a friend	write a letter	painting	Exercise	scream into pillow
take a shower or bath	write in a journal	FREE	Imagine your favorite place	deep breathing
listen to music	sing	make a list	dance	muscle relaxation
count to 10	Read	plan an event	yoga	clean

Coping Skills Bingo

write in a journal	Exercise	set a goal	call a friend	painting
color	yoga	make a list of solutions	Read	scream into pillow
listen to music	Imagine your favorite place	FREE	deep breathing	Arts and crafts
dance	plan an event	write a poem	clean	sing
make a list	muscle relaxation	take a shower or bath	write a letter	count to 10

Coping Skills Bingo

Read	plan an event	Exercise	muscle relaxation	Imagine your favorite place
write a poem	listen to music	make a list	write a letter	make a list of solutions
take a shower or bath	clean	FREE	sing	dance
write in a journal	scream into pillow	set a goal	yoga	color
deep breathing	Arts and crafts	painting	call a friend	count to 10