

Coping Skills Bingo

Watch funny videos/movies	Call hotline	Muscle relaxation	Use a stress ball	Rip up paper
Do a puzzle	Visit a friend	Start a hobby or project	Color	Try something new
Use positive self-talk	Write in a journal	FREE	Dance	Punch a punching bag
Random act of kindness	Use imagery	Read	Play board game	Sew or crochet
Plan your day/week	Deep breathing	Talk to a friend	Yoga	Go for a walk

Coping Skills Bingo

Write in a journal	Color	Use a stress ball	Do a puzzle	Start a hobby or project
Muscle relaxation	Yoga	Rip up paper	Deep breathing	Try something new
Random act of kindness	Dance	FREE	Punch a punching bag	Call hotline
Play board game	Talk to a friend	Watch funny videos/movies	Go for a walk	Use imagery
Read	Sew or crochet	Use positive self-talk	Visit a friend	Plan your day/week

Coping Skills Bingo

Deep breathing	Talk to a friend	Color	Sew or crochet	Dance
Watch funny videos/movies	Random act of kindness	Read	Visit a friend	Rip up paper
Use positive self-talk	Go for a walk	FREE	Use imagery	Play board game
Write in a journal	Try something new	Use a stress ball	Yoga	Muscle relaxation
Punch a punching bag	Call hotline	Start a hobby or project	Do a puzzle	Plan your day/week