Coping Skills Bingo

Visit a friend	Be in nature	Meditation	Try something new	Rip up paper
Do a puzzle	Use positive self-talk	Start a hobby or project	Color	Try something new
Use imagery	Watch funny videos/movies	**FREE**	Dance	Punch a pillow
Random act of kindness	Use a stress ball	Read	Play board game	Sew or crochet
Muscle relaxation	Deep breathing	Talk to a friend	Write in a journal	Go for a walk

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Coping Skills Bingo

Watch funny videos/movies	Color	Try something new	Do a puzzle	Start a hobby or project
Meditation	Write in a journal	Rip up paper	Deep breathing	Try something new
Random act of kindness	Dance	**FREE**	Punch a pillow	Be in nature
Play board game	Talk to a friend	Visit a friend	Go for a walk	Use a stress ball
Read	Sew or crochet	Use imagery	Use positive self-talk	Muscle relaxation

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Coping Skills Bingo

Deep breathing	Talk to a friend	Color	Sew or crochet	Dance
Visit a friend	Random act of kindness	Read	Use positive self-talk	Rip up paper
Use imagery	Go for a walk	**FREE**	Use a stress ball	Play board game
Watch funny videos/movies	Try something new	Try something new	Write in a journal	Meditation
Punch a pillow	Be in nature	Start a hobby or project	Do a puzzle	Muscle relaxation

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