

Coping Skills Bingo

Use imagery	Affirmations	Go for a walk	Talk to a friend	Punch a pillow
Deep breathing	Use a stress ball	Read	Be in nature	Start a hobby or project
Try something new	Use positive self-talk	FREE	Color	Muscle relaxation
Paint	Try something new	Play board game	Meditation	Random act of kindness
Make a list of goals	Dance	Sew or crochet	Write in a journal	Do a puzzle

Coping Skills Bingo

Use positive self-talk	Be in nature	Talk to a friend	Deep breathing	Read
Go for a walk	Write in a journal	Punch a pillow	Dance	Start a hobby or project
Paint	Color	FREE	Muscle relaxation	Affirmations
Meditation	Sew or crochet	Use imagery	Do a puzzle	Try something new
Play board game	Random act of kindness	Try something new	Use a stress ball	Make a list of goals

Coping Skills Bingo

Dance	Sew or crochet	Be in nature	Random act of kindness	Color
Use imagery	Paint	Play board game	Use a stress ball	Punch a pillow
Try something new	Do a puzzle	FREE	Try something new	Meditation
Use positive self-talk	Start a hobby or project	Talk to a friend	Write in a journal	Go for a walk
Muscle relaxation	Affirmations	Read	Deep breathing	Make a list of goals