

Coping Skills Bingo

Use positive self-talk	Arts and Crafts session	Muscle relaxation exercise on YouTube	Take a time out away from your tech	Read for fun
Go and walk/jog/run	Use a stress ball	Start a new project	Cook a meal or bake a cake	Try something new
Write a poem	Dance to your favourite song	Play with a pet	Pray or meditate	Think about happy memories
Punch a punching bag (or pillow)	Take a shower or bath	Paint or draw a self portrait	Sew or crochet (you can learn online)	Deep breathing exercise
Talk to a friend	Go outside and pay attention to nature	Write in a journal	Make a playlist of happy songs	Play cards with your family or friends

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Punch a punching bag (or pillow)	Go outside and pay attention to nature	Use a stress ball	Paint or draw a self portrait	Take a time out away from your tech
Talk to a friend	Write in a journal	Play cards with your family or friends	Arts and Crafts session	Pray or meditate

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Think about happy memories	Sew or crochet (you can learn online)	Go outside and pay attention to nature	Make a playlist of happy songs	Paint or draw a self portrait
Deep breathing exercise	Play cards with your family or friends	Go and walk/jog/run	Play with a pet	Use positive self-talk
Punch a punching bag (or pillow)	Talk to a friend	Start a new project	Dance to your favourite song	Use a stress ball
Write a poem	Take a shower or bath	Write in a journal	Cook a meal or bake a cake	Arts and Crafts session
Pray or meditate	Try something new	Take a time out away from your tech	Muscle relaxation exercise on YouTube	Read for fun