

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Exercise	Talk to an Adult	Punch a punching bag
Deep breathing	Use a stress ball	Start a hobby or project	Dance	Talk to a friend
Try something new	Your Choice	FREE	Deep Breathing	Muscle Relaxation
Muscle relaxation	Think about happy memories	Play cards	Listen to music	Read
Go outside	Deep breathing	Take a time out	Your Choice	Deep breathing

Coping Skills Bingo

Your Choice	Dance	Talk to an Adult	Deep breathing	Start a hobby or project
Exercise	Your Choice	Punch a punching bag	Deep breathing	Talk to a friend
Muscle relaxation	Deep Breathing	FREE	Muscle Relaxation	Arts and Crafts
Listen to music	Take a time out	Use positive self-talk	Deep breathing	Think about happy memories
Play cards	Read	Try something new	Use a stress ball	Go outside

Coping Skills Bingo

Deep breathing	Take a time out	Dance	Read	Deep Breathing
Use positive self-talk	Muscle relaxation	Play cards	Use a stress ball	Punch a punching bag
Try something new	Deep breathing	FREE	Think about happy memories	Listen to music
Your Choice	Talk to a friend	Talk to an Adult	Your Choice	Exercise
Muscle Relaxation	Arts and Crafts	Start a hobby or project	Deep breathing	Go outside