

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Go outside	Talk to a friend	Read
Exercise	Use a stress ball	Start a hobby or try new things	Count to ten	Take a time out
Think about happy memories	Watch a movie	Zones of regulation	Dance	Play cards
Play with a pet	Talk to a teacher	Pray or meditate	Muscle relaxation	Remember your daily goals
Listen to music	Deep breathing	Take a shower	Write it down	Go for a walk

Coping Skills Bingo

Watch a movie	Count to ten	Talk to a friend	Exercise	Start a hobby or try new things
Go outside	Write it down	Read	Deep breathing	Take a time out
Play with a pet	Dance	Zones of regulation	Play cards	Arts and Crafts
Muscle relaxation	Take a shower	Use positive self-talk	Go for a walk	Talk to a teacher
Pray or meditate	Remember your daily goals	Think about happy memories	Use a stress ball	Listen to music

Coping Skills Bingo

Deep breathing	Take a shower	Count to ten	Remember your daily goals	Dance
Use positive self-talk	Play with a pet	Pray or meditate	Use a stress ball	Read
Think about happy memories	Go for a walk	Zones of regulation	Talk to a teacher	Muscle relaxation
Watch a movie	Take a time out	Talk to a friend	Write it down	Go outside
Play cards	Arts and Crafts	Start a hobby or try new things	Exercise	Listen to music