

Coping Skills Bingo

draw or paint	Arts and Crafts	Muscle relaxation	Think about happy memories	Sew or crochet
Go outside	Write in a journal	Take a time out	Cooking	Use positive self-talk
light candels	Dance	FREE	Pray or meditate	Punch a punching bag
Use a stress ball	Read	Talk to a friend	Play cards	Take a shower
Deep breathing	Try something new	Let yourself cry	take a bath	Listen to music

Coping Skills Bingo

light candels	take a bath	Cooking	Read	Go outside
Think about happy memories	Punch a punching bag	Muscle relaxation	Take a shower	Dance
Pray or meditate	Arts and Crafts	FREE	Play cards	Talk to a friend
Listen to music	draw or paint	Let yourself cry	Use a stress ball	Deep breathing
Sew or crochet	Play with a pet	Use positive self-talk	Take a time out	Write in a journal

Coping Skills Bingo

Use a stress ball	Play cards	light candels	Listen to music	Think about happy memories
Try something new	Use positive self-talk	take a bath	Read	Dance
Talk to a friend	Cooking	FREE	Pray or meditate	Muscle relaxation
Play with a pet	Sew or crochet	Deep breathing	Arts and Crafts	draw or paint
Write in a journal	Take a time out	Punch a punching bag	Take a shower	Let yourself cry