

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Take a time out	Play with a pet
Exercise	Try something new	Take a Walk	Cooking	Take a shower
Think about happy memories	Use positive self-talk	FREE	Dance	Phone a friend
Play a video game	Talk to a friend	Play cards	Muscle relaxation	Read
Listen to music	Deep breathing	Take a nap	Write in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Cooking	Take a time out	Excerise	Take a Walk
Let yourself cry	Write in a journal	Play with a pet	Deep breathing	Take a shower
Play a video game	Dance	FREE	Phone a friend	Arts and Crafts
Muscle relaxation	Take a nap	Use a stress ball	Go outside	Talk to a friend
Play cards	Read	Think about happy memories	Try something new	Listen to music

Coping Skills Bingo

Deep breathing	Take a nap	Cooking	Read	Dance
Use a stress ball	Play a video game	Play cards	Try something new	Play with a pet
Think about happy memories	Go outside	FREE	Talk to a friend	Muscle relaxation
Use positive self-talk	Take a shower	Take a time out	Write in a journal	Let yourself cry
Phone a friend	Arts and Crafts	Take a Walk	Exercise	Listen to music