

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Go for a walk	Talk to a friend	Play with a pet
Draw	Use a fidget	Squeeze a stress ball	Cooking	Take a time out
Try something new	Write in a journal	FREE	Dance	Listen to music
Muscle relaxation	Think about happy memories	Play cards	Let yourself cry	Read
Go outside	Deep breathing	Start a hobby or project	meditate	Excerise

Coping Skills Bingo

Write in a journal	Cooking	Talk to a friend	Draw	Squeeze a stress ball
Go for a walk	meditate	Play with a pet	Deep breathing	Take a time out
Muscle relaxation	Dance	FREE	Listen to music	Arts and Crafts
Let yourself cry	Start a hobby or project	Use positive self-talk	Exercise	Think about happy memories
Play cards	Read	Try something new	Use a fidget	Go outside

Coping Skills Bingo

Deep breathing	Start a hobby or project	Cooking	Read	Dance
Use positive self-talk	Muscle relaxation	Play cards	Use a fidget	Play with a pet
Try something new	Exercise	FREE	Think about happy memories	Let yourself cry
Write in a journal	Take a time out	Talk to a friend	meditate	Go for a walk
Listen to music	Arts and Crafts	Squeeze a stress ball	Draw	Go outside