

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Read
Go outside	Use a stress ball	Take a nap	Dance	Take a time out
Try something new	Watch TV	FREE	Deep breathing	Play cards
Play with a pet	Think about happy memories	Punch a punching bag	Play a game/videogame	Start a hobby or project
Muscle relaxation	Exercise	Take a shower	Write in a journal	Let yourself cry

Coping Skills Bingo

Watch TV	Dance	Talk to a friend	Go outside	Take a nap
Listen to music	Write in a journal	Read	Exercise	Take a time out
Play with a pet	Deep breathing	FREE	Play cards	Arts and Crafts
Play a game/videogame	Take a shower	Use positive self-talk	Let yourself cry	Think about happy memories
Punch a punching bag	Start a hobby or project	Try something new	Use a stress ball	Muscle relaxation

Coping Skills Bingo

Exercise	Take a shower	Dance	Start a hobby or project	Deep breathing
Use positive self-talk	Play with a pet	Punch a punching bag	Use a stress ball	Read
Try something new	Let yourself cry	FREE	Think about happy memories	Play a game/videogame
Watch TV	Take a time out	Talk to a friend	Write in a journal	Listen to music
Play cards	Arts and Crafts	Take a nap	Go outside	Muscle relaxation