

Coping Skills Bingo

Watch TV	Arts and Crafts	Listen to music	Talk to a friend	Start a new hobby
Go outside	Use a stress ball	Take a nap	Dance	Take a time out
Use a fidget	Watch funny/calming youtube videos	FREE	Deep breathing	Play with a pet
Punch a punching bag	Try something new	Read	Play cards	Take a mindful walk
Play a game/videogame	Exercise	Take a shower	Write in a journal	Let yourself cry

Coping Skills Bingo

Watch funny/calming youtube videos	Dance	Talk to a friend	Go outside	Take a nap
Listen to music	Write in a journal	Start a new hobby	Exercise	Take a time out
Punch a punching bag	Deep breathing	FREE	Play with a pet	Arts and Crafts
Play cards	Take a shower	Watch TV	Let yourself cry	Try something new
Read	Take a mindful walk	Use a fidget	Use a stress ball	Play a game/videogame

Coping Skills Bingo

Exercise	Take a shower	Dance	Take a mindful walk	Deep breathing
Watch TV	Punch a punching bag	Read	Use a stress ball	Start a new hobby
Use a fidget	Let yourself cry	FREE	Try something new	Play cards
Watch funny/calming youtube videos	Take a time out	Talk to a friend	Write in a journal	Listen to music
Play with a pet	Arts and Crafts	Take a nap	Go outside	Play a game/videogame