

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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