

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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