

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Listen to music	Talk to an adult	Relax
Exercise	Try something new	Take a Walk	Closing your Eyes in a Calm Space	Talk to a friend
Try a Fidget Toy	Use positive self-talk	MS.STEPH'S FREE SPACE	Dance	Play with a Pet/Animal
Read	Think about happy memories	Read/Share Jokes	Play a game	Say 3 kind things about yourself
Meditate	Deep breathing 3x times	Take a break	Write in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Closing your Eyes in a Calm Space	Talk to an adult	Exercise	Take a Walk
Listen to music	Write in a journal	Relax	Deep breathing 3x times	Talk to a friend
Read	Dance	MS.STEPH'S FREE SPACE	Play with a Pet/Animal	Arts and Crafts
Play a game	Take a break	Use a stress ball	Go outside	Think about happy memories
Read/ Share Jokes	Say 3 kind things about yourself	Try a Fidget Toy	Try something new	Meditate

Coping Skills Bingo

Deep breathing 3x times	Take a break	Closing your Eyes in a Calm Space	Say 3 kind things about yourself	Dance
Use a stress ball	Read	Read/ Share Jokes	Try something new	Relax
Try a Fidget Toy	Go outside	MS.STEPH'S FREE SPACE	Think about happy memories	Play a game
Use positive self-talk	Talk to a friend	Talk to an adult	Write in a journal	Listen to music
Play with a Pet/Animal	Arts and Crafts	Take a Walk	Exercise	Meditate