# Coping Skills Bingo

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



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