

Coping Skills Bingo

Use positive self-talk	Ask for help	Arts and Crafts	Go outside	Take a time out
Punch a punching bag	Drink water	Use a relaxation app	Sleep	Cooking
Take a shower	Try something new	FREE	Watch a show or movie	Create a to-do list
Organize or declutter	Deep breathing	Play with a pet	Talk to a friend	Pray or meditate
Stress-eat	Think about happy memories	Listen to music	Let yourself cry	Read

Coping Skills Bingo

Play with a pet	Let yourself cry	Criticize yourself	Dance	Sew or crochet
Punch a punching bag	Procrastinate	Create a to-do list	Try something new	Take a time out
Organize or declutter	Play cards	FREE	Use a relaxation app	Cooking
Watch a show or movie	Ask for help	Drink water	Hug a pillow	Start a hobby or project
Take a time out	Take a shower	Sleep	Talk to a friend	Deep breathing

Coping Skills Bingo

Stress-eat	Punch a punching bag	Drink water	Read	Ask for help
Organize or declutter	Arts and Crafts	Procrastinate	Sew or crochet	Use positive self-talk
Criticize yourself	Write in a journal	FREE	Worry	Exercise
Create a to-do list	Take a time out	Sleep	Get angry or frustrated	Watch a show or movie
Deep breathing	Cooking	Take a shower	Play cards	Go outside