

Coping Skills Bingo

Use positive self-talk	Arts and Crafts	Get angry or frustrate	Take a shower	Sew or crochet
Dance	Use a stress ball	Start a hobby or project	Ask for help	Try something new
Worry	Cooking	FREE	Pray or meditate	Procrastinate
Think about happy memories	Read	Stress-eat	Listen to music	Sleep
Criticize yourself	Talk to a friend	Deep breathing	Write in a journal	Drink water

Coping Skills Bingo

Worry	Write in a journal	Ask for help	Read	Dance
Take a shower	Procrastinate	Get angry or frustrate	Sleep	Cooking
Pray or meditate	Arts and Crafts	FREE	Listen to music	Stress-eat
Drink water	Use positive self-talk	Deep breathing	Think about happy memories	Criticize yourself
Sew or crochet	Play with a pet	Try something new	Start a hobby or project	Use a stress ball

Coping Skills Bingo

Think about happy memories	Listen to music	Worry	Drink water	Take a shower
Talk to a friend	Try something new	Write in a journal	Read	Cooking
Stress-eat	Ask for help	FREE	Pray or meditate	Get angry or frustrate
Play with a pet	Sew or crochet	Criticize yourself	Arts and Crafts	Use positive self-talk
Use a stress ball	Start a hobby or project	Procrastinate	Sleep	Deep breathing