

Coping Skills Bingo

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

Coping Skills Bingo

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

Coping Skills Bingo

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