

Coping Skills Bingo

Try something new	Arts and Crafts	Let yourself cry	Take a break	Pray or meditate
Exercise	Think about happy memories	Read	Cooking/Baking	Start a project
Talk to a friend/family	Use a stress ball	FREE	Dance	Play cards
Play with Legos	Take a shower/bath	Play with a pet	Muscle relaxation	Punch a punching bag
Listen to music	Deep breathing	Say something positive to yourself	Write or draw	Go outside

Coping Skills Bingo

Use a stress ball	Cooking/Baking	Take a break	Exercise	Read
Let yourself cry	Write or draw	Pray or meditate	Deep breathing	Start a project
Play with Legos	Dance	FREE	Play cards	Arts and Crafts
Muscle relaxation	Say something positive to yourself	Try something new	Go outside	Take a shower/bath
Play with a pet	Punch a punching bag	Talk to a friend/family	Think about happy memories	Listen to music

Coping Skills Bingo

Deep breathing	Say something positive to yourself	Cooking/Baking	Punch a punching bag	Dance
Try something new	Play with Legos	Play with a pet	Think about happy memories	Pray or meditate
Talk to a friend/family	Go outside	FREE	Take a shower/bath	Muscle relaxation
Use a stress ball	Start a project	Take a break	Write or draw	Let yourself cry
Play cards	Arts and Crafts	Read	Exercise	Listen to music