

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Take a break	Punch a punching bag
Do 10 Jumping Jacks	Try something new	Say something positive to yourself	Cooking/Baking	Think about happy memories
Watch TV	Dance	FREE	Play a game	Play with Legos
Talk to a friend/family	Play with a pet	Start a project	Listen to music	Read a book
Deep breathing	Take a shower/bath	Exercise	Write or draw	Go outside

Coping Skills Bingo

Watch TV	Write or draw	Cooking/Baking	Play with a pet	Do 10 Jumping Jacks
Take a break	Play with Legos	Let yourself cry	Read a book	Dance
Play a game	Arts and Crafts	FREE	Listen to music	Start a project
Go outside	Use a stress ball	Exercise	Talk to a friend/family	Deep breathing
Punch a punching bag	Muscle relaxation	Think about happy memories	Say something positive to yourself	Try something new

Coping Skills Bingo

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