

Coping Skills Bingo

Use a stress ball	Cooking	Arts and Crafts	Listen to music	Take a time out
Read	Go for a bike ride	Use I-feel statements	Sew or crochet	Try something new
Use positive self-talk	Deep breathing	FREE	Scream (outside)	Play video games
Play with a pet	Talk to your therapist	Punch a punching bag	Take a shower	Think about happy memories
Muscle relaxation	Rearrange your room	Make a playlist	Do a crossword puzzle or puzzles	Dance

Coping Skills Bingo

Try something new	Do a crossword puzzle or puzzles	Talk to a friend	Play video games	Deep breathing
Play with a pet	Use I-feel statements	Dance	Use positive self-talk	Cooking
Scream (outside)	Take a time out	FREE	Rearrange your room	Pray or meditate
Read	Go for a bike ride	Listen to music	Start a hobby or project	Watch your favorite movie
Sew or crochet	Talk to your therapist	Exercise	Take a shower	Arts and Crafts

Coping Skills Bingo

Punch a punching bag	Go for a bike ride	Scream (outside)	Use a stress ball	Do a crossword puzzle or puzzles
Write in a journal	Watch your favorite movie	Go outside	Dance	Take a time out
Sew or crochet	Let yourself cry	FREE	Cooking	Use positive self-talk
Read	Exercise	Play with a pet	Listen to music	Deep breathing
Play video games	Muscle relaxation	Take a shower	Start a hobby or project	Talk to your therapist