



Coping Skills Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Go for a walk	Read a book	Play cards	Take a shower	Punch a punching bag
Go outside	Listen to music	Take a break	Do a puzzle	Use a fidget toy
Write in a journal	Play a Sport	Watch TV	Talk to a friend	Dance
Deep breathing	Color	Play with a pet	Arts and Crafts	Use a stress ball
Engage in a hobby	Play an instrument	Exercise	Take a nap	