



# Coping Skills Bingo Instructions

## Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

## Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

## Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

## This is an alphabetical list of all 24 events:

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



# 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:



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

# Coping Skills Bingo

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

This bingo card was created randomly from a total of 24 events.

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

# Coping Skills Bingo

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

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