



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:



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