



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:



Painting	Take a walk	Drawing	Count to 10	Arts and Crafts
Exerise	Watch a movie	Play cards	Talk to a friend	Deep breathing
Visit your family	Help a friend	Dance	Talk to staff	Take a time out
Think about loved ones	Cooking	Read	Listen to music	Watch TV
Think about happy memories	Sewing	Go outside	Write in a journal	

STRESSORS

Exerise	Play cards	Deep breathing	Watch a movie	Think about happy memories
Write in a journal	Visit your family	Talk to staff	Painting	Count to 10
Take a walk	Go outside	FREE	Sewing	Cooking
Drawing	Listen to music	Think about loved ones	Read	Arts and Crafts
Help a friend	Talk to a friend	Dance	Watch TV	Take a time out

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

Arts and Crafts, Cooking, Count to 10, Dance, Deep breathing, Drawing, Exerise, Go outside, Help a friend, Listen to music, Painting, Play cards, Read, Sewing, Take a time out, Take a walk, Talk to a friend, Talk to staff, Think about happy memories, Think about loved ones, Visit your family, Watch TV, Watch a movie, Write in a journal.

STRESSORS

Play cards	Excerise	Think about loved ones	Visit your family	Take a walk
Watch a movie	Count to 10	Sewing	Arts and Crafts	Cooking
Go outside	Listen to music	FREE	Watch TV	Drawing
Take a time out	Help a friend	Read	Write in a journal	Deep breathing
Talk to staff	Dance	Talk to a friend	Painting	Think about happy memories

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