



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:



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