



# 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, Draw, Exercise, Go outside, Let yourself cry, Listen to music, Muscle relaxation, Play cards, Pray or meditate, Punch a pillow, Read, Take a shower, Take a time out, Talk to a friend, Talk to your counselor, Think about happy memories, Try new things, Use a stress ball, Use positive self-talk, Watch a movie, 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:



Draw	Read	Take a time out	Deep breathing	Take a shower
Use positive self-talk	Go outside	Excerise	Arts and Crafts	Punch a pillow
Muscle relaxation	Write in a journal	Talk to your counselor	Let yourself cry	Pray or meditate
Use a stress ball	Play cards	Talk to a friend	Cooking	Think about happy memories
Watch a movie	Try new things	Listen to music	Dance	

# Coping Skills Bingo

Go outside	Pray or meditate	Draw	Watch a movie	Think about happy memories
Write in a journal	Use a stress ball	Talk to your counselor	Play cards	Dance
Take a time out	Let yourself cry	FREE	Read	Cooking
Exercise	Muscle relaxation	Try new things	Punch a pillow	Arts and Crafts
Listen to music	Talk to a friend	Deep breathing	Use positive self-talk	Take a shower

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

Arts and Crafts, Cooking, Dance, Deep breathing, Draw, Exercise, Go outside, Let yourself cry, Listen to music, Muscle relaxation, Play cards, Pray or meditate, Punch a pillow, Read, Take a shower, Take a time out, Talk to a friend, Talk to your counselor, Think about happy memories, Try new things, Use a stress ball, Use positive self-talk, Watch a movie, Write in a journal.

# Coping Skills Bingo

Pray or meditate	Go outside	Try new things	Use a stress ball	Take a time out
Watch a movie	Dance	Read	Arts and Crafts	Cooking
Let yourself cry	Muscle relaxation	FREE	Use positive self-talk	Exerise
Take a shower	Listen to music	Punch a pillow	Write in a journal	Draw
Talk to your counselor	Deep breathing	Talk to a friend	Play cards	Think about happy memories

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

Arts and Crafts, Cooking, Dance, Deep breathing, Draw, Exerise, Go outside, Let yourself cry, Listen to music, Muscle relaxation, Play cards, Pray or meditate, Punch a pillow, Read, Take a shower, Take a time out, Talk to a friend, Talk to your counselor, Think about happy memories, Try new things, Use a stress ball, Use positive self-talk, Watch a movie, Write in a journal.