



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