



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:



ask for advice	exercise	count to 10	write in a journal	talk to a friend
deep breathing	cooking	dance	think of things you are grateful for	arts and crafts
take a time out	think about happy memories	listen to music	play games/videogames	watch TV
talk to staff	play with pet	drawing	go outside	watch a movie
think about loved ones	take a walk	visit your family	read	