



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:



Random act of kindness	Start a hobby or project	Punch a pillow	Color	Make a list of goals
Use a stress ball	Muscle relaxation	Use positive self-talk	Write in a journal	Dance
Be in nature	Use imagery	Play board game	Go for a walk	Try something new
Affirmations	Deep breathing	Talk to a friend	Do a puzzle	Sew or crochet
Try something new	Paint	Meditation	Read	

Coping Skills Bingo

Go for a walk	Play board game	Deep breathing	Use positive self-talk	Try something new
Write in a journal	Use a stress ball	Talk to a friend	Paint	Color
Sew or crochet	Make a list of goals	FREE	Random act of kindness	Be in nature
Do a puzzle	Muscle relaxation	Try something new	Punch a pillow	Affirmations
Meditation	Start a hobby or project	Dance	Use imagery	Read

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

Affirmations, Be in nature, Color, Dance, Deep breathing, Do a puzzle, Go for a walk, Make a list of goals, Meditation, Muscle relaxation, Paint, Play board game, Punch a pillow, Random act of kindness, Read, Sew or crochet, Start a hobby or project, Talk to a friend, Try something new, Try something new, Use a stress ball, Use imagery, Use positive self-talk, Write in a journal.

Coping Skills Bingo

Play board game	Go for a walk	Try something new	Use a stress ball	Sew or crochet
Use positive self-talk	Color	Random act of kindness	Affirmations	Be in nature
Make a list of goals	Muscle relaxation	FREE	Use imagery	Do a puzzle
Read	Meditation	Punch a pillow	Write in a journal	Deep breathing
Talk to a friend	Dance	Start a hobby or project	Paint	Try something new

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