



# 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:



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