



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:



Sewing	Painting	Listen to music	Take a walk	Talk to a friend
Play cards	Think about happy memories	Watch TV	Help a friend	Visit your family
Count to 10	Read	Cooking	Deep breathing	Think about loved ones
Exerise	Write in a journal	Watch a movie	Drawing	Arts and Crafts
Take a time out	Dance	Go outside	Talk to staff	