



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:



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