

Coping Skills

B I N G O

**Talk to
Someone**

**Pop
Bubble
Wrap**

**Use a
Stress
Ball**

**Keep a
Positive
Attitude**

**Listen
to Music**

**Do
Gardening**

**Do
Something
Different**

**Play
with
a Pet**

**Read
a Book**

**Play
a Game**

**Help
the
Elderly**

**Do
Something
Kind**

**FREE
SPACE**

Laugh

**Visit
Your
Family**

**Get
Help**

**Take
a Hot
Shower**

**Do
Painting**

**Think
Positively**

Dance

Exercise

**Play
Cards**

**Go
Biking**

**Cook
a Meal**

**Eat
Healthy**