

## Coping Skills

BINGO				
Eat Healthy	Play a Game	Use a Stress Ball	Watch a Movie	Learn Something New
Go for a Walk	Set a Goal	Sleep Well	Get Help	Take Care of Yourself
Exercise	Laugh	★	Talk to a Friend	Say Positive Affirmations
Get Away from the Problem	Do Yoga	Hang Out with Friends	Enjoy Nature	Write a Story or Poem
Understand How You Feel	Sing	Journal	Paint	Take 10 Breaths

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## Coping Skills

BINGO				
Eat Healthy	Sing	Use a Stress Ball	Paint	Write a Story or Poem
Get Away from the Problem	Play a Game	Take Care of Yourself	Get Help	Take 10 Deep Breaths
Exercise	Make a Playlist	★	Enjoy Nature	Say Positive Affirmations
Go for a Walk	Do Yoga	Laugh	Watch a Movie	Perform a Random Act of Kindness
Understand How You Feel	Keep a Positive Attitude	Hang Out with Friends	Talk to a Trusted Adult	Talk to a Friend

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30 Unique  
Bingo Cards

## Coping Skills

BINGO				
Go for a Walk	Read	Get Away from the Problem	Talk to a Friend	Take 10 Deep Breaths
Exercise	Do Yoga	Take Care of Yourself	Paint	Focus on What You Can Control
Eat Healthy	Make a Playlist	★	Hang Out with Friends	Watch a Movie
Understand How You Feel	Sing	Use a Stress Ball	Draw	Write a Story or Poem
Get Help	Play a Game	Sleep Well	Make a List of Things You Like	Perform a Random Act of Kindness

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## Coping Skills

BINGO				
Exercise	Read	Use a Stress Ball	Enjoy Nature	Write a Story or Poem
Go for a Walk	Set a Goal	Journal	Get Help	Say Positive Affirmations
Eat Healthy	Make a Playlist	★	Get Away from the Problem	Paint
Laugh	Keep a Positive Attitude	Hang Out with Friends	Draw	Focus on What You Can Control
Do Yoga	Sing	Sleep Well	Talk to a Friend	Take Care of Yourself

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