

Coping Skills

Play games on iPad	Take space	Count to 10	Think about happy memories	Talk to a friend
Talk to Mom or Dad	Stress balls	Play cards	Dance	Take a bath or shower
Exercise	Drawing	FREE SPACE!	Write in a journal	Arts and Crafts
Watch TV	Help a friend	Painting	Think about loved ones	Watch a movie
Take a walk	Deep breathing	Listen to music	Read	Go outside

This bingo card was created randomly from a total of 24 events.
 Arts and Crafts, Count to 10, Dance, Deep breathing, Drawing, Exercise, Go outside, Help a friend, Listen to music, Painting, Play cards, Play games on iPad, Read, Stress balls, Take a bath or shower, Take a walk, Take space, Talk to Mom or Dad, Talk to a friend, Think about happy memories, Think about loved ones, Watch TV, Watch a movie, Write in a journal.