

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# COPING SKILLS BINGO

Deep Breathing Exercises	Cleaning or organizing a space	Focusing on what you can control	Spending time in nature	Doing yoga or stretching
Drinking a glass of water slowly	Journaling your feelings	Calling or texting a friend	Dancing to music	Petting or playing with an animal
Taking a hot shower or bath	Watching a funny movie or video	Practicing gratitude	Writing a letter	Challenging irrational beliefs
Visualizing a peaceful place	Reframing negative thoughts	Creating a vision board or goal list	Using positive self-talk	Practicing problem-solving
Playing a physical sport	Setting small, achievable goals	Going for a walk or run	Talking to a therapist	Creating art or drawing emotions