

C	O	P	E	S
Read a book	Sleep	Count to 10	Take deep breaths	Take a walk
Take a shower or a bath	Rip paper	Play sports	DBT Skill	Run
Go see a movie	Exercise	COPING (Free Space)	Write in my journal	Be with friends
Tell jokes/laugh	Listen to music	Play a game	Talk to a counselor	Walk away
Scream/yell	Draw / paint	Meditate	Relax	Help someone

This bingo card was created randomly from a total of 24 events.
 Be with friends, Count to 10, DBT Skill, Draw / paint, Exercise, Go see a movie, Help someone, Listen to music, Meditate, Play a game, Play sports, Read a book, Relax, Rip paper, Run, Scream/yell, Sleep, Take a shower or a bath, Take a walk, Take deep breaths, Talk to a counselor, Tell jokes/laugh, Walk away, Write in my journal.