

Psychiatric Nursing 2025

Nursing Therapy Group

Directions: Please answer the following questions, typing your response in the space provided. This document is due in the Dropbox labeled **Nursing Therapy Group** by **Monday at 0800** the week you are scheduled to lead a nursing therapy group.

1. What activity will you be leading during your assigned nursing therapy group? Give a **detailed outline** of your activity, and explain how you plan on running your nursing therapy group

My therapy group will be healthy coping skills bingo. During the group, everyone will receive a bingo card and I will read out random coping skills that are on each bingo card. Once someone gets a bingo then they will have to share of coping skill on the card that they would use or like to try for themselves. The bingo sheet can be kept by the patients for future ideas of coping skills.

2. What is the purpose of your nursing therapy group activity?

The purpose of my nursing therapy group activity is to provide the patients with ideas of healthy coping skills that they can use in their daily lives.

3. How will this activity benefit the clients in the milieu?

This activity will benefit the clients in the milieu by giving them a game that they can play together and some coping skills they can also use in the milieu if they find themselves in need of them.

4. Describe the anticipated level of participation, cognitive level and affect of clients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?

I believe that this activity may have more participation than most groups because a lot of people enjoy playing bingo and while this is a therapy group it will also provide a fun game. The cognitive level is minimal to play bingo, so everyone should be able to participate. The effect of the clients in the milieu will hopefully be to lighten the mood and provide some happiness in the clients.

Healthy Coping Skills Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/cgaxvd5

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/cgaxvd5

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/cgaxvd5

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Listen to music	Pray	Yoga	Do a deep breathing exercise	Play with an animal	Scream into a pillow	Complete a journal entry
Use positive affirmations	Talk to family or a friend	Play a game	Squeeze a stress ball	Eat a healthy meal	Watch a funny show or movie	Take a nap
Attend a self help group	Take a bath	Call a hotline	Workout	Do a puzzle	Use positive self talk	Use aroma therapy
Write 3 things you are grateful for	Go for a walk	Garden	Color a picture			

Bingo Card ID 002

Healthy Coping Skills

Scream into a pillow	Take a nap	Use aroma therapy	Go for a walk
Use positive affirmations	Talk to family or a friend	Use positive self talk	Do a puzzle
Play a game	Listen to music	Call a hotline	Play with an animal
Write 3 things you are grateful for	Color a picture	Attend a self help group	Pray
Do a deep breathing exercise	Garden	Squeeze a stress ball	Yoga

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Bingo Card ID 001

Healthy Coping Skills

Use aroma therapy	Color a picture	Pray	Take a bath
Play a game	Take a nap	Use positive affirmations	Squeeze a stress ball
Use positive self talk	Eat a healthy meal	Workout	Call a hotline
Go for a walk	Attend a self help group	Play with an animal	Yoga
Garden	Complete a journal entry	Talk to family or a friend	Scream into a pillow

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Bingo Card ID 004

Healthy Coping Skills

Workout	Pray	Use positive self talk	Do a deep breathing exercise	Scream into a pillow
Call a hotline	Squeeze a stress ball	Take a bath	Write 3 things you are grateful for	Use positive affirmations
Use aroma therapy	Talk to family or a friend	Yoga	Eat a healthy meal	Complete a journal entry
Listen to music	Go for a walk	Do a puzzle	Watch a funny show or movie	Play a game
Take a nap	Color a picture	Play with an animal	Attend a self help group	Garden

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Bingo Card ID 006

Healthy Coping Skills

Pray	Color a picture	Use aroma therapy	Do a puzzle	Yoga
Complete a journal entry	Take a nap	Eat a healthy meal	Scream into a pillow	Use positive affirmations
Squeeze a stress ball	Attend a self help group	Talk to family or a friend	Take a bath	Play with an animal
Go for a walk	Use positive self talk	Workout	Write 3 things you are grateful for	Play a game
Listen to music	Watch a funny show or movie	Do a deep breathing exercise	Call a hotline	Garden

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Bingo Card ID 003

Healthy Coping Skills

Talk to family or a friend	Listen to music	Play with an animal
Write 3 things you are grateful for	Use positive affirmations	Workout
Watch a funny show or movie	Color a picture	Take a nap
Eat a healthy meal	Call a hotline	Write 3 things you are grateful for
Garden	Go for a walk	Complete a journal entry
Take a bath	Do a deep breathing exercise	

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Bingo Card ID 005

Healthy Coping Skills

Pray	Do a deep breathing exercise	Attend a self help group	Eat a healthy meal	Write 3 things you are grateful for
Go for a walk	Use positive affirmations	Watch a funny show or movie	Call a hotline	Play with an animal
Yoga	Color a picture	Play with an animal	Play a game	Use aroma therapy
Do a puzzle	Complete a journal entry	Use positive self talk	Listen to music	Attend a self help group
Garden	Use positive self talk	Scream into a pillow	Take a bath	

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