

BUILD-YOUR-OWN COPING BINGO

TAKE 5 SLOW
BREATHS



LISTEN TO A
CALMING



ADD YOUR
OWN!



A CALMING
SONG

WRITE DOWN
WHAT'S
BOTHERING
ME



TEXT A
FRIEND



5 MINS
OUTSIDE



STRETCH

DRAW MY
FEELINGS



PUT PHONE
AWAY FOR



10 MINS



NAME ONE
THING I CAN
CONTROL

➔ BUILD A PERSONAL CARD
FROM YOUR MENU

➔ NO CORRECT WAY, JUST
WHAT WORKS FOR YOU!

➔ AIM FOR 1-2 SQUARES
A DAY

➔ IN GROUPS, COMPARE
CARDS!

