

UNO Coping Skills Game



Players:
2-6



Age:
6+



Time:
10-20 min



RED (Anger):

Name one healthy way to handle anger before you say something you regret.



BLUE (Sadness/Worry):

Name something you're looking forward to this week.



GREEN (Calming):

Practice deep breathing or show a physical calming skill.

YELLOW (Positive Thinking):

Turn an unhelpful reaction into a helpful one.



DIY Idea: Use plain colored paper cards instead of an UNO deck!

