

COPING SKILLS BINGO

 AGE: 6+

 PLAYERS: 2-8

 TIME: 10-20 MINS

TAKE FIVE
SLOW BREATHS



ASK FOR
HELP



TAKE A
SHORT BREAK



STRETCH



NAME HOW
YOU FEEL



LISTEN TO
MUSIC



THINK OF A
SAFE PLACE



FREE SPACE
MY GO-TO
COPING SKILL



MY GO-TO
COPING SKILL

THINK OF A
SAFE PLACE

