

COPING SKILLS BINGO

 TOOK A BREAK	 TALKED TO SOMEONE	 WENT OUTSIDE	 USED SLOW BREATHING	 CREATIVE ACT
 READ A BOOK	 LISTENED TO MUSIC	 JOURNALED	 STRETCHED	 DRANK WATER
 USED A FIDGET	 TOOK A SHOWER/BATH	 SNUGGLED A PET	 VISUALIZED A CALM PLACE	 CAME UP WITH A PLAN
 HUGGED A PILLOW	 COUNTED TO TEN	 ATE A HEALTHY SNACK	 EXERCISED	 SUNG A SONG
 DID A PUZZLE	 HELPED SOMEONE	 USED POSITIVE SELF-TALK	 CUDDLED A SOFT BLANKET	 LAUGHED

NOT A RACE! Low-pressure, playful way to introduce coping strategies for kids, tweens & teens. Best for introducing healthy strategies in a fun format.

Debrief idea: Pick one square you haven't tried yet, then name a moment this week you could test it.

