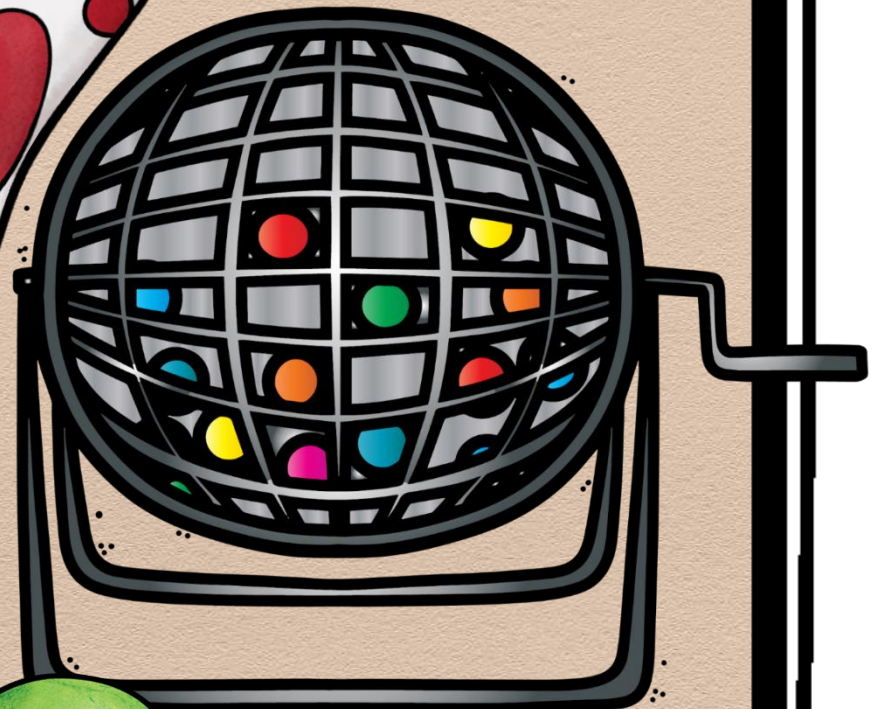
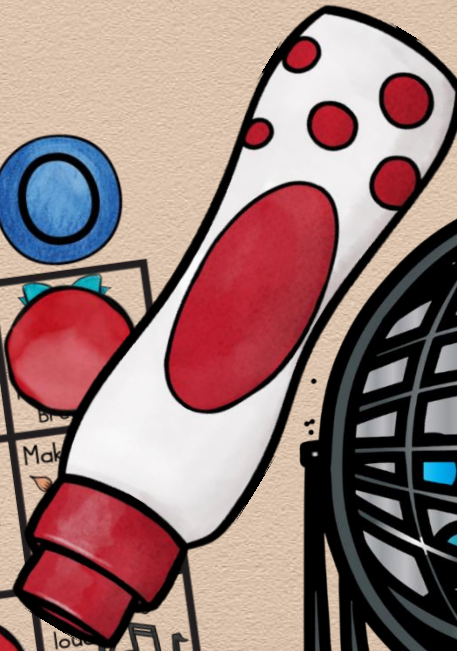


Coping Skills

BINGO!

B I N G O

Ask for a Fidget	Talk to a trustworthy friend	Eat healthy meals	Ask for a drink of water	Blow bubbles
Write in my feelings Journal	Someone	Take a Stretch	Read a Book	Make a drawing
Smile and follow it	Ask for a sensory break	★	Blow a bubble	Listen to music
Count to 10 Slowly	Talk to your counselor	Enjoy a walk	Play with putty	Take Rainbow Breaths
Sit in a calming corner	Draw a Picture	Ride your bike	Squeeze a Stress Ball	Think positive



Next

Yay!! You get to play Coping Skills

BINGO

today!!

You may be wondering,

"What are
coping
skills?"

Coping skills are strategies you use to help you deal with stressful situations you go through. Coping skills help calm you down or help make the situation tolerable.

As we go through life, everyone experiences stress or anxiety over something, both kids and adults. We have to find ways to learn to deal with our anxieties in a healthy way.

Next

How To Play:

Follow the directions on each page. When you see the BINGO spinner, click the sign that says,

Crank the Spinner

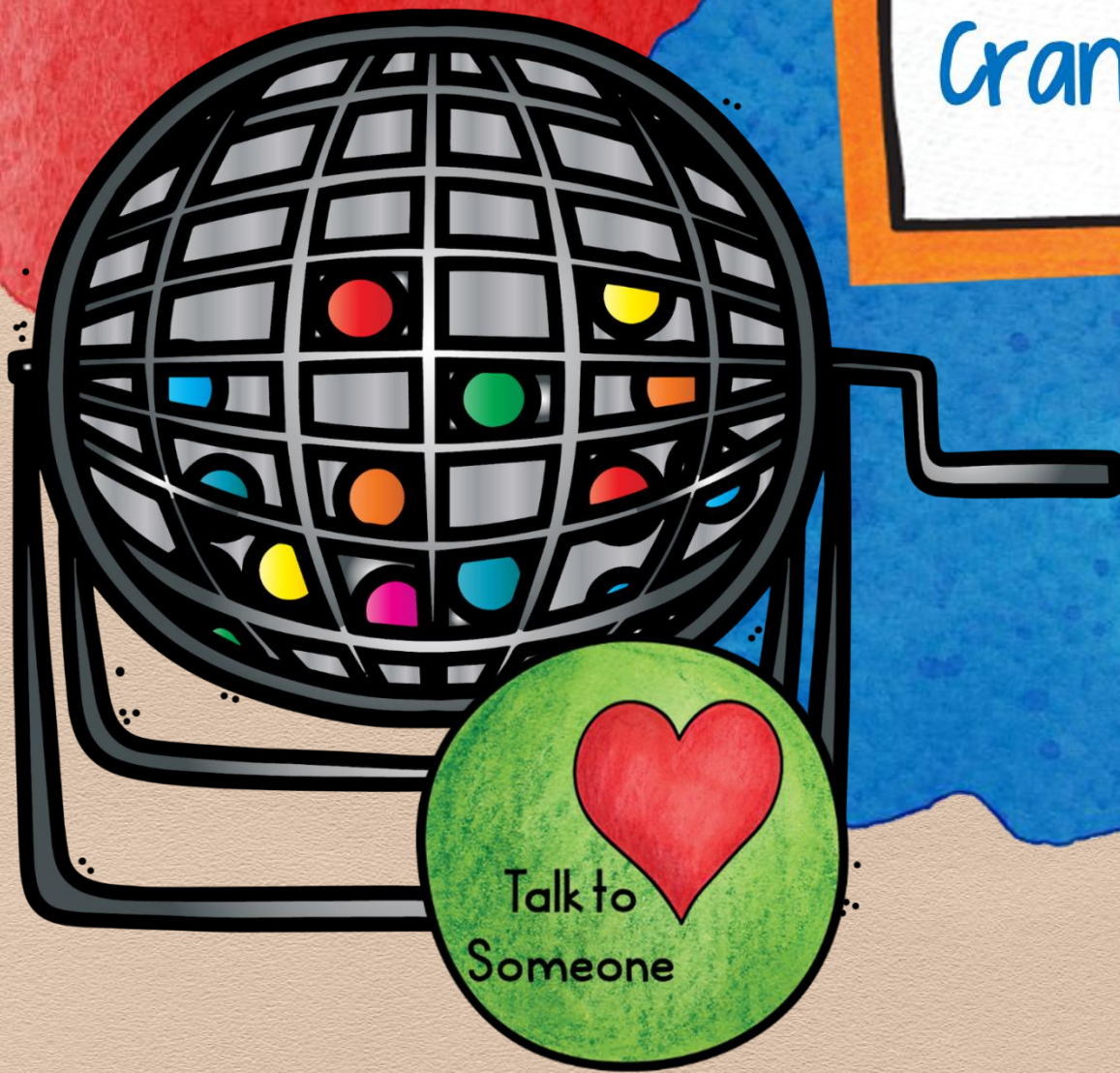
The spinner will roll ways you can learn to cope. Then you will learn examples of that way to cope.

Lastly, you'll touch your BINGO dabber to dab your spot on the BINGO card. When you get 5 dabs in a row (vertical, horizontal, or diagonal) you will BINGO!

Next

BINGO

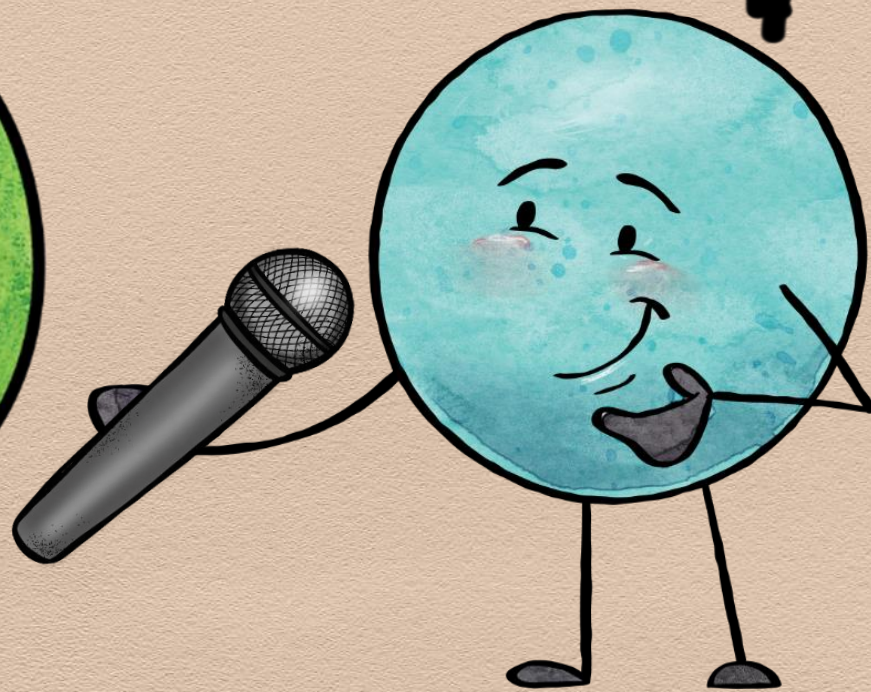
Crank the Spinner



Talk to
Someone

Next

Great! You rolled, "Talk to Someone." When you get sad, mad, frustrated, or angry, find a trusted adult to give you good advice.



Next



I

N

G

O

Talk to a
worthy
d



Eat healthy
meals

Play with
putty



Practice Deep
Breathing

Take a Stretch



Make a craft



Write in
feelings
Journal



Set a sche
and follow it

Tap your dabber
to cover your
BINGO space



Count to 10
Slowly

Talk to your
counselor



drink of
water



Take Rainbow
Breaths

Sit in a
calming
corner



Draw a
Picture

Ride your
bike



Sque
Stress ball

Next

BINGO

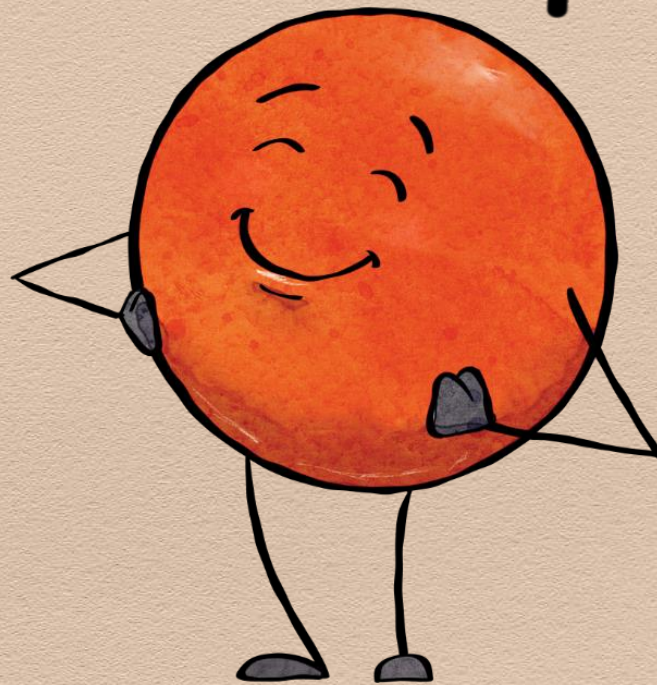
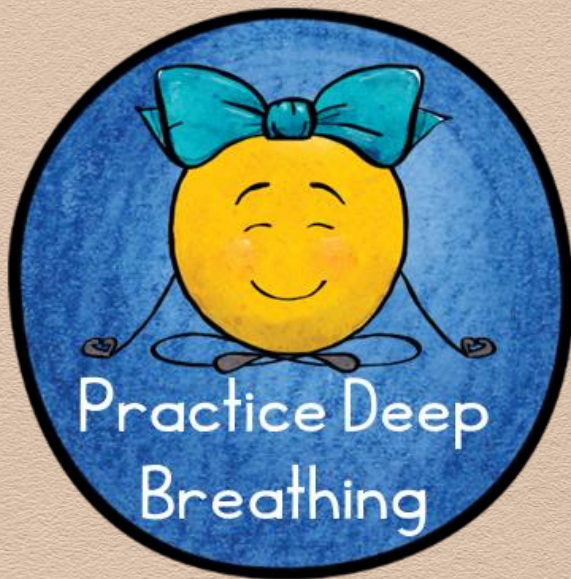
Crank the Spinner



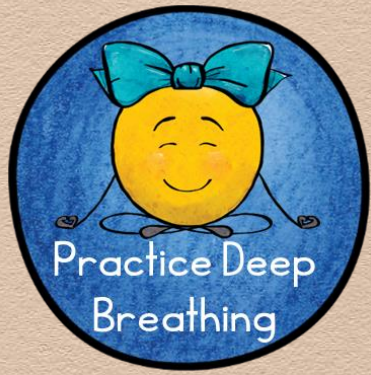
Practice Deep
Breathing

Next

You know, when you
get upset or stressed,
taking deep breaths
makes me feel better.

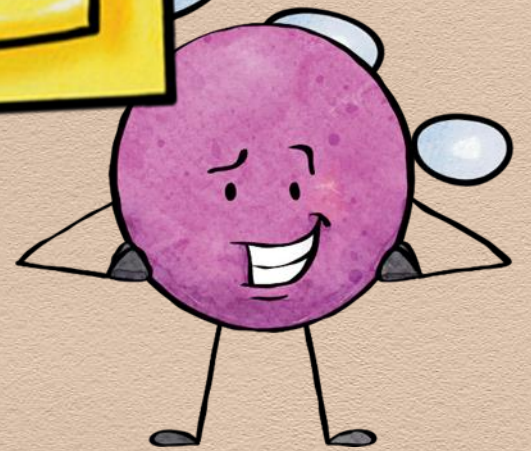


Next

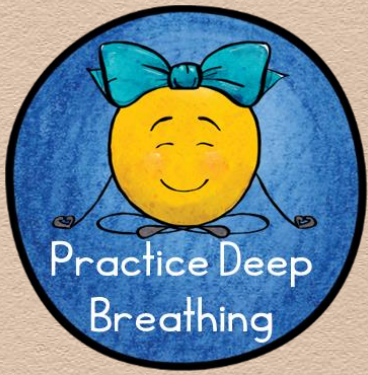


Rainbow Breathing

Let's practice
SOME deep
breathing....



Next



Next

B

I

N

G

O

Write in my feelings Journal

Set a schedule and follow it

Count to 10 Slowly

Sit in a calming corner

Talk to a trustworthy friend

Take a Stretch

Talk to your counselor

Draw a Picture

Eat healthy meals

Take a Stretch

Ride your bike

Ride your bike

Play with putty

Make a craft

Drink of water

Squeeze Stress Ball

Break

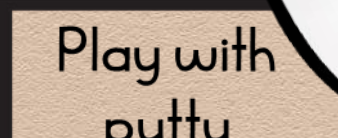
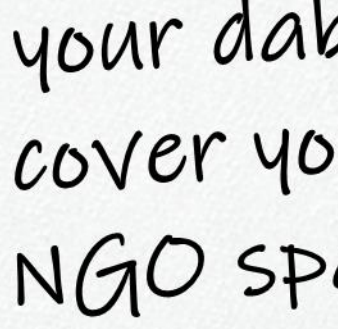
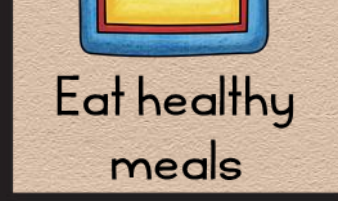
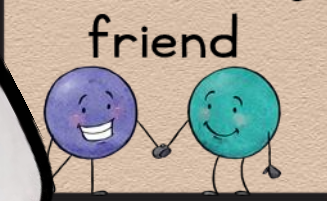
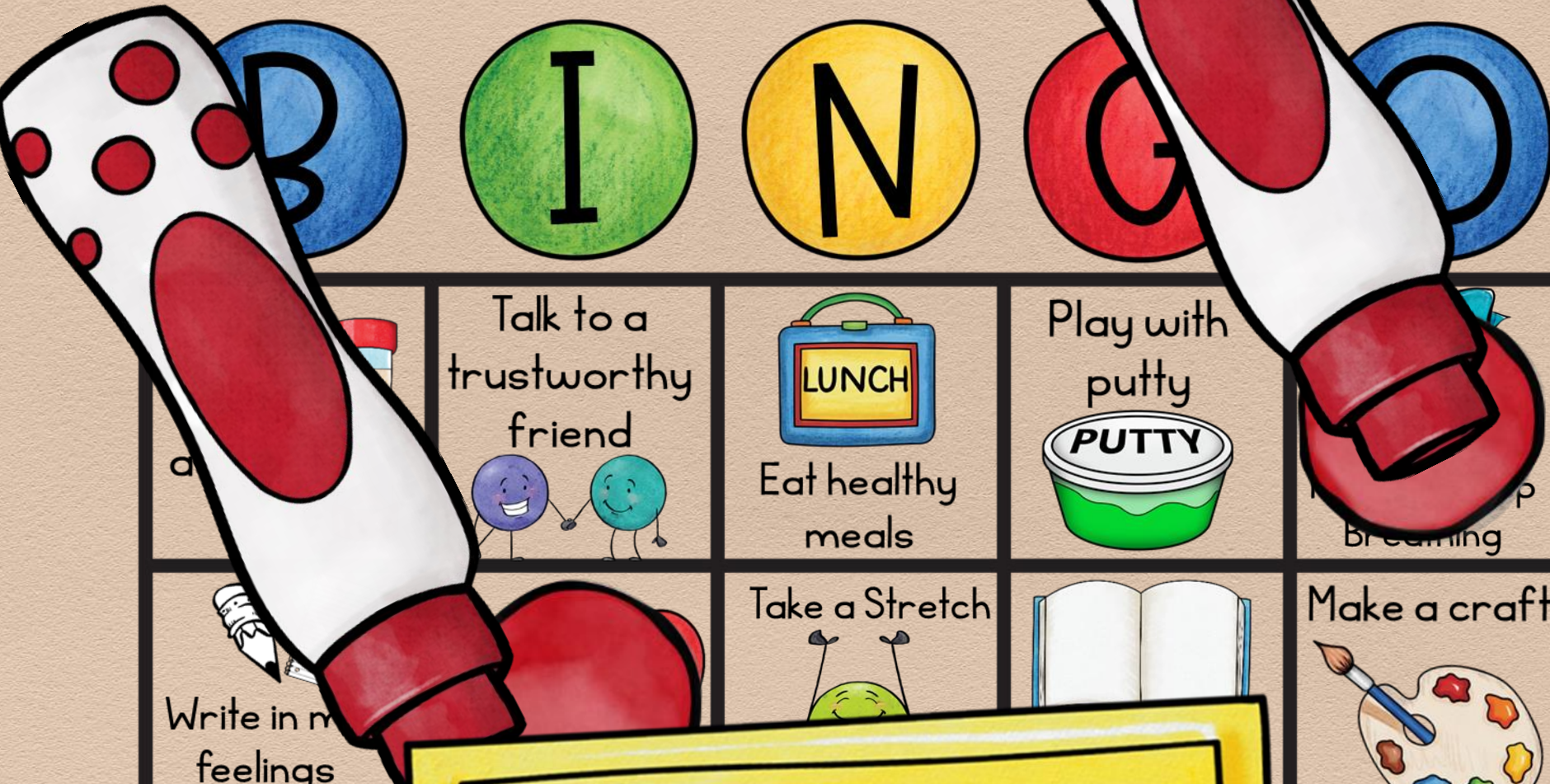
Listen to music

Take Rainbow Breaths

Write a poem

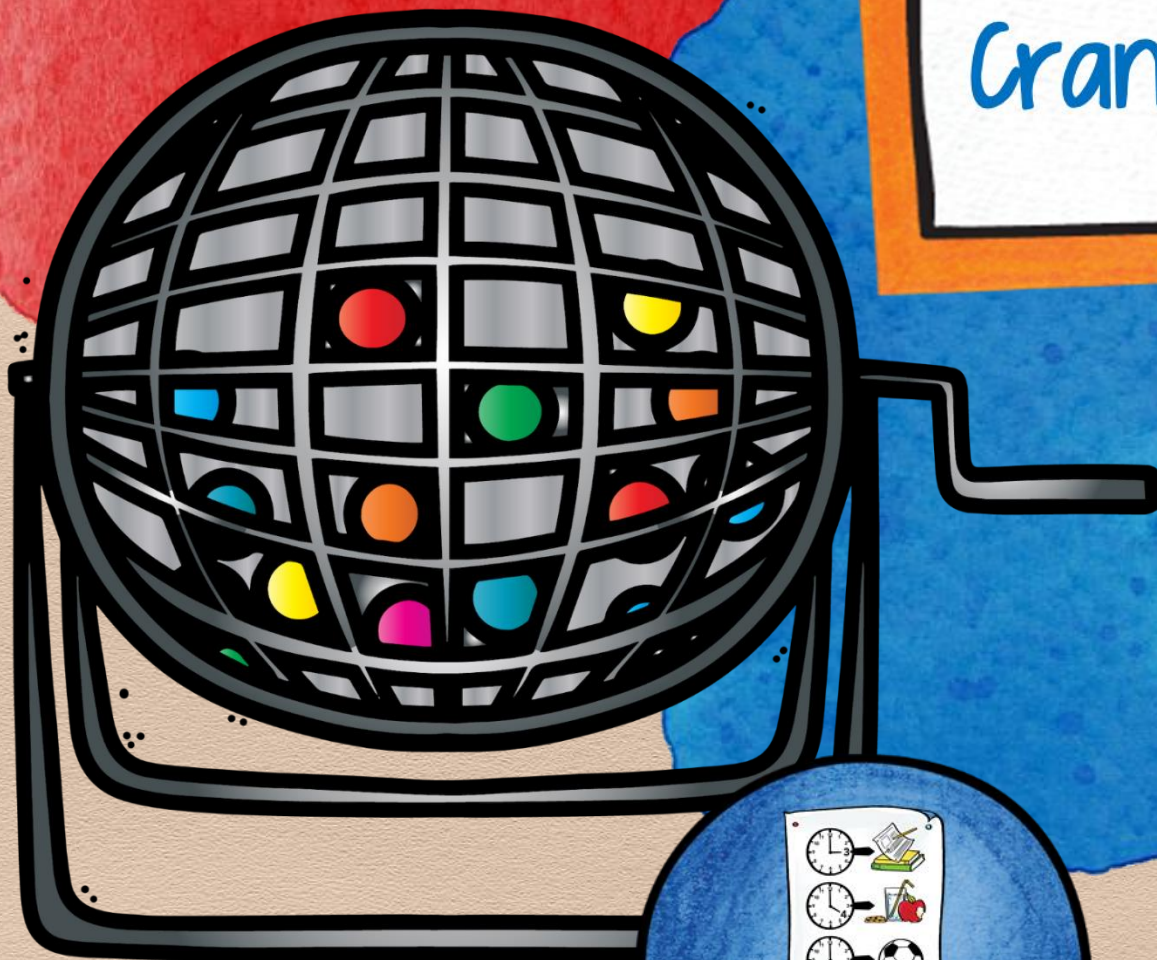
Tap your dabber to cover your BINGO space

Next



BINGO

Crank the Spinner



Set a schedule
and follow it

Next

Did you know?

When you struggle to follow through with doing things, creating a schedule and following it will help you to do better?

(Even adults need a schedule!)



B

I

N

G

O

Ask for a Fidget



Try



Eat healthy meals

Play with putty



Write in my feelings Journal



Take a Stretch



Make a craft



Tap your dabber to cover your BINGO space

and follow it

ing really d



Count to 10 Slowly



Talk to your counselor



drink of water



Take Rainbow Breaths



Sit in a calming corner



Draw a Picture



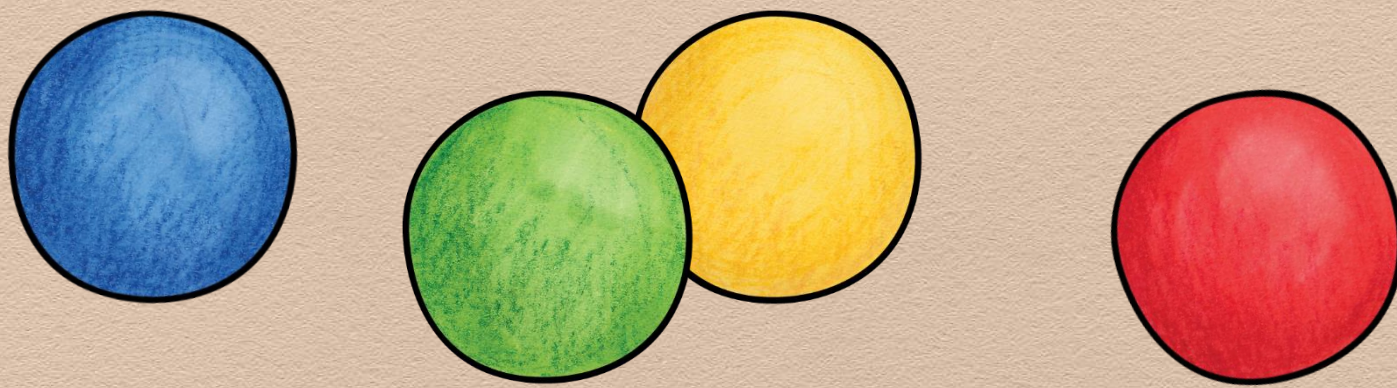
Ride your bike



Squeez Stress ball

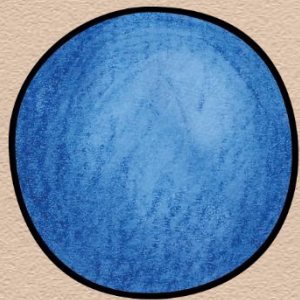
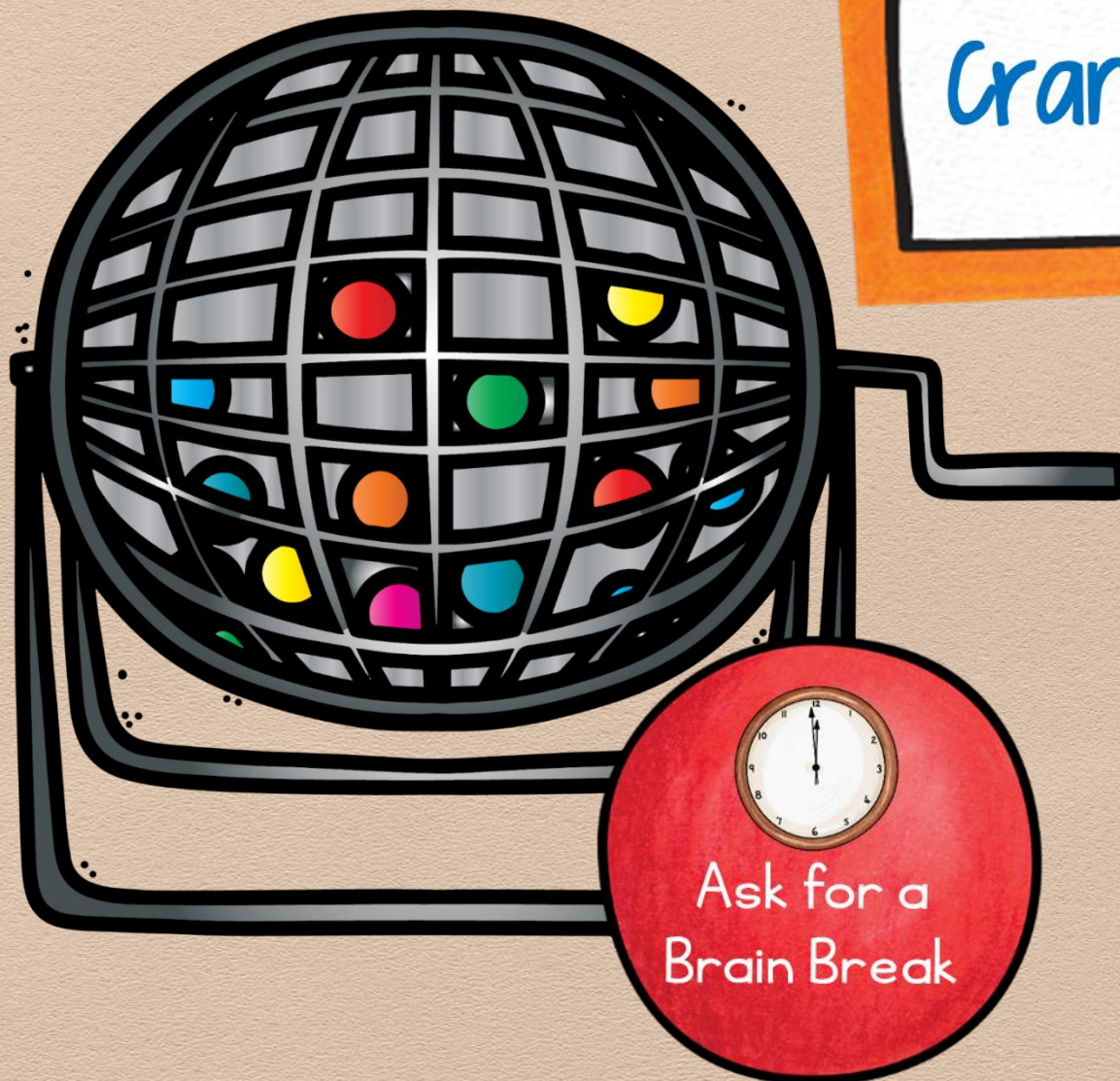


Next

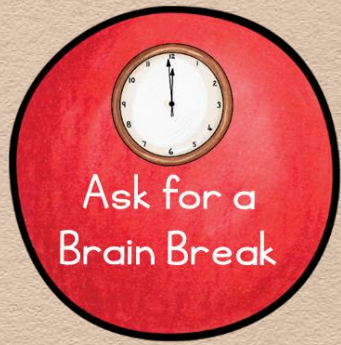


Let's crank that spinner again
and see what you roll next!

Crank the Spinner



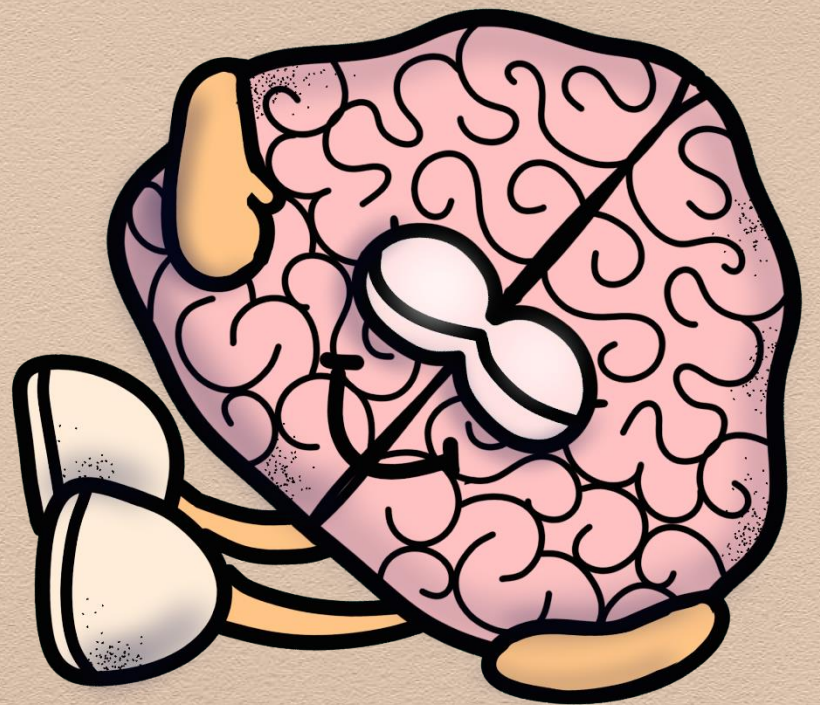
Next



Ask for a Brain Break

Trivia Question:

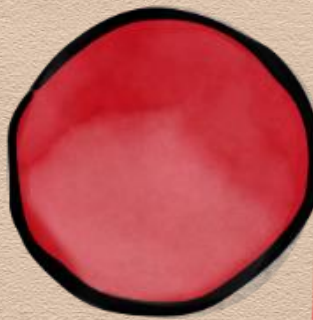
What is a Brain Break?



- 1) When your brain splits
- 2) When you walk away from what you are focusing on to let your brain rest and refocus
- 3) When your brain does jumping jacks

Next

Let's dab
your
BINGO
card!



Next

B

I

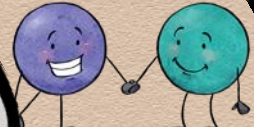
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G

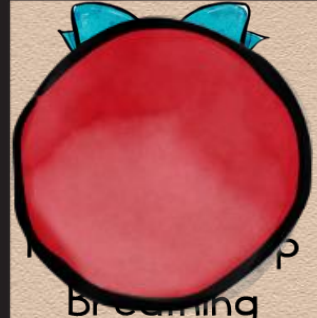
O



Talk to a trustworthy friend



Play with putty



breathing

Write in my feelings Journal



Take



Make a craft



Tap your dabber to cover your BINGO space



and follow it

ing really



Count to 10 Slowly

Talk to your counselor



walk



drink of water



Take Rainbow Breaths

Sit in a calming corner



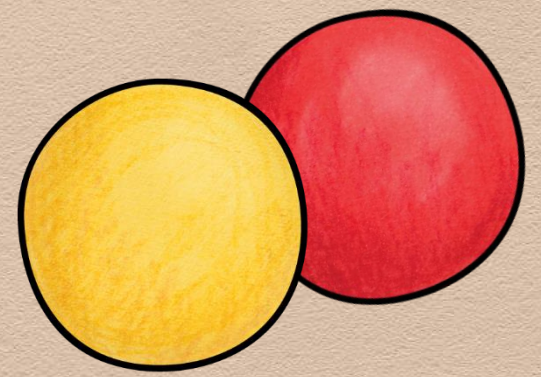
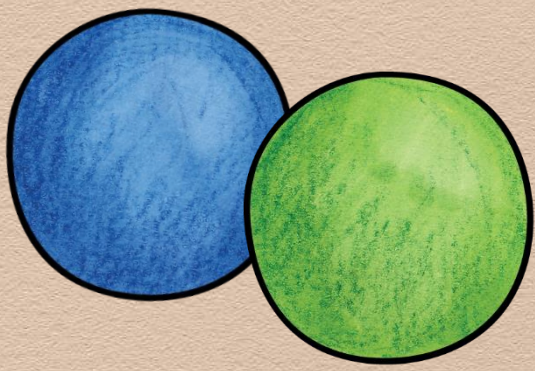
Draw a Picture

Ride your bike



Squeeze Stress ball

Next



Give it your **best shot** and see what you roll this time!


Crank the Spinner



Enjoy a walk

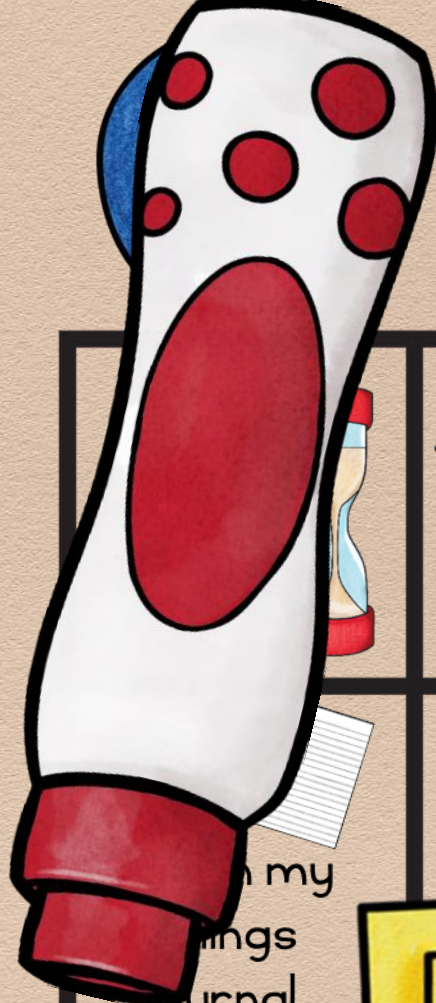


Next

The image features a light beige background. In the top left corner, there are black-outlined decorative swirls. Scattered across the left and top portions of the page are several dark grey, hand-drawn footprints, each consisting of a larger front foot and a smaller back foot. The text is written in a blue, casual, hand-drawn font on the right side of the page.

Fresh air, a change
of atmosphere, and
exercise helps to
clear your thoughts
so you feel better!
Taking walks does a
body good!

Next



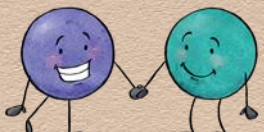
I

N

G

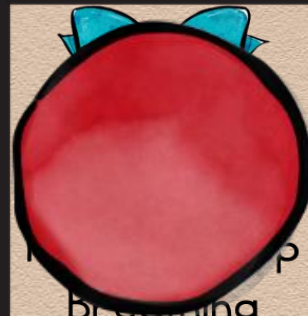
O

Talk to a trustworthy friend



Eat healthy meals

Play with putty



breathing

Take a Stress



Make a craft



Tap your dabber to cover your BINGO space

Sing really loud



Count to 10 Slowly



Talk to your counselor



drink of water



Take Rainbow Breaths



Sit in a calming corner



Draw a Picture



Ride your bike



Squeeze Stress Ball

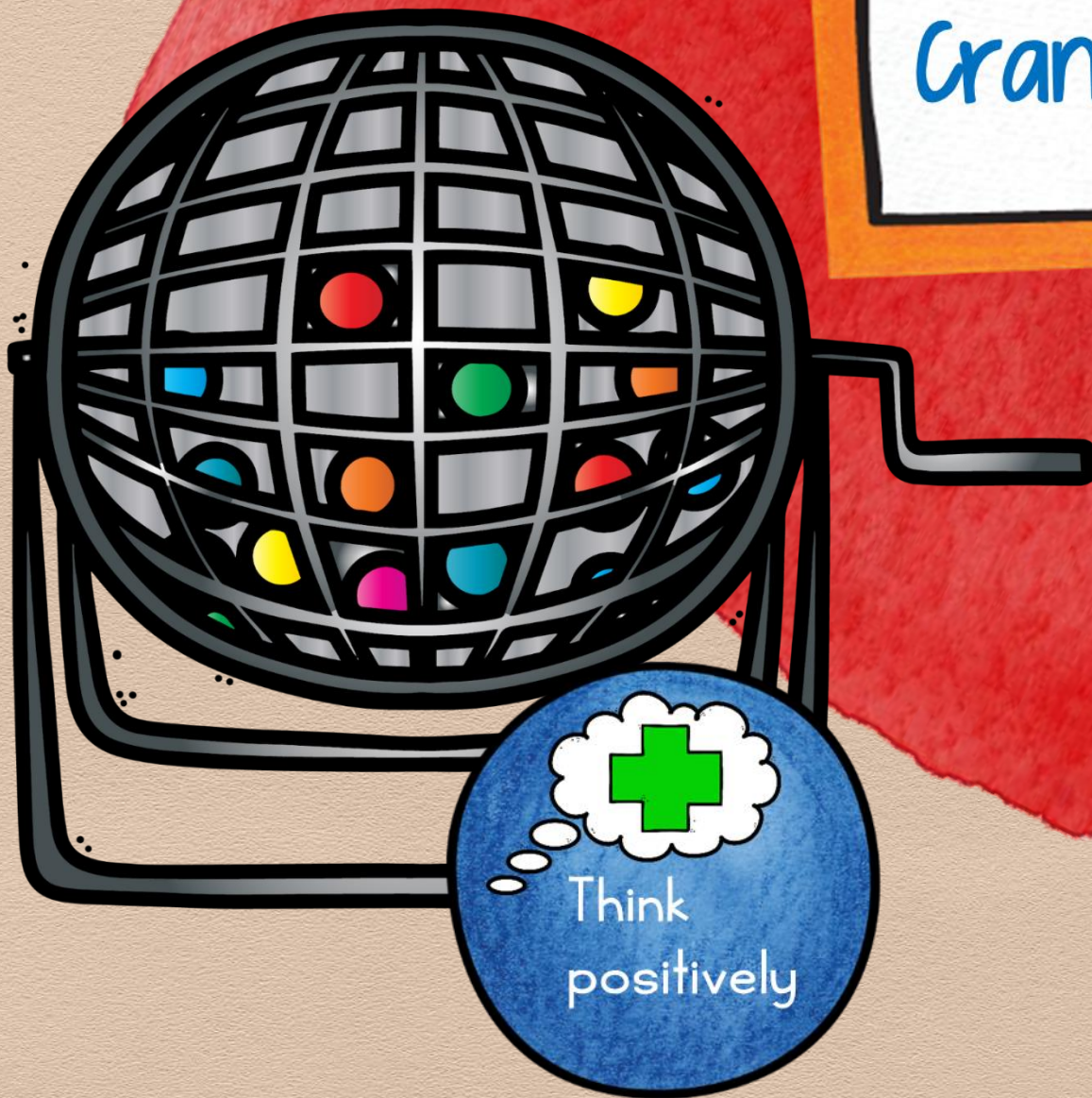


Next



BINGO

Crank the Spinner



Next



Here's something

“cool”

I bet you didn't know?



When you think positive thoughts, it changes the chemicals in your brain. The chemicals that help you to feel happy, calm, and optimistic overpower the chemicals that make you feel sad, gloomy, and pessimistic. When the positive chemicals overpower the negative chemicals, you have the power to change your moods by your positive thoughts! Pretty cool, huh? Yep, and that's real science.

your welcome.



Next

B I N G O



Talk to a trustworthy friend

LUNCH

Eat healthy meals

Play with putty

PUTTY

breathing

Write in feelings Journal

Take a Stretch

Make a craft

Tap your dabber to cover your BINGO space

and how it

ing really loud

Count to 10 Slowly

Talk to your counselor

draw

rainbow baths

Sit in a calming corner

Draw a Picture

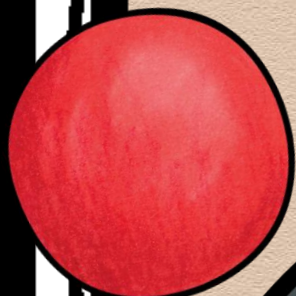
Ride your bike

Next

Stress Ball

positively

Let's see what you get this time!



Crank the Spinner



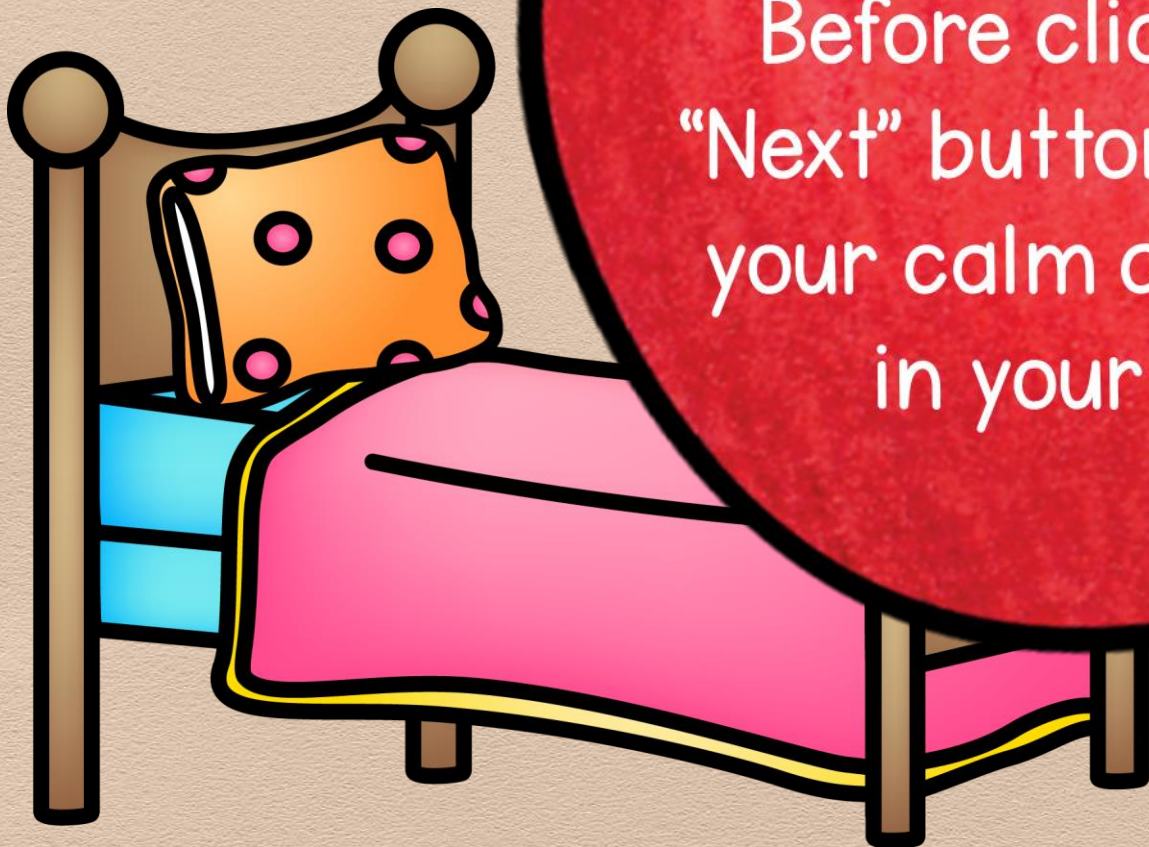
Next



I don't know about you, but when
I'm upset, I'm sitting by
myself and thinking about how to reflect?!

Think about where you
like to calm down at.
Before clicking the
"Next" button, visualize
your calm down spot
in your head.

calm



Next

B

I

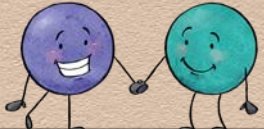
N

O

Ask for a Fidget



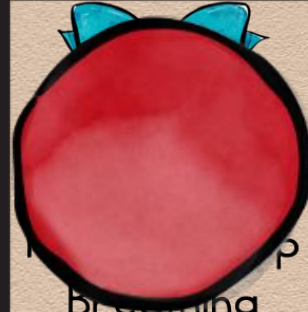
Talk to a trustworthy friend



Eat



with putty



breathing

Write in my feelings Journal



Take

Make a craft



Tap your dabber to cover your BINGO space

ing really loud



Some and how it

Count



to your counselor



Ask for a drink of water



Take Rainbow Breaths



S



Draw a Picture

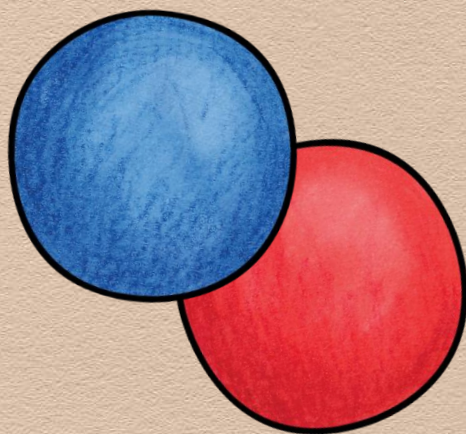
Ride your bike



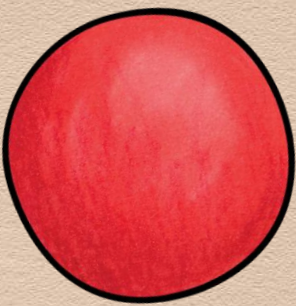
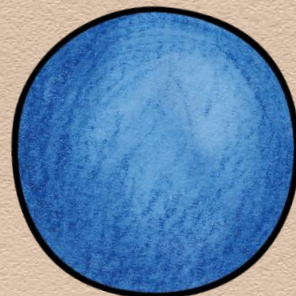
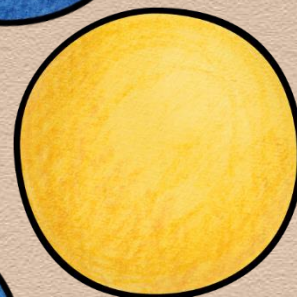
Next

Stress Ball

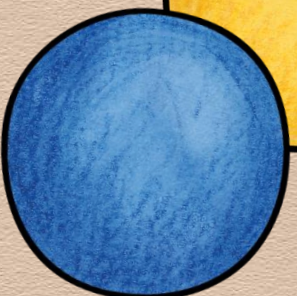
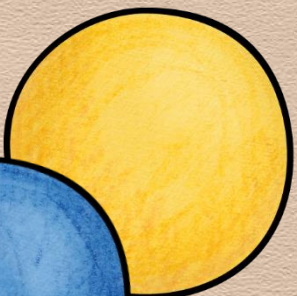
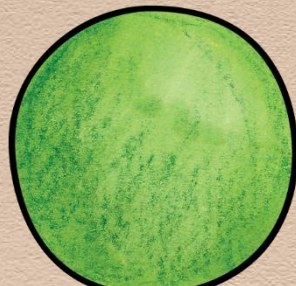
vely



Wow!



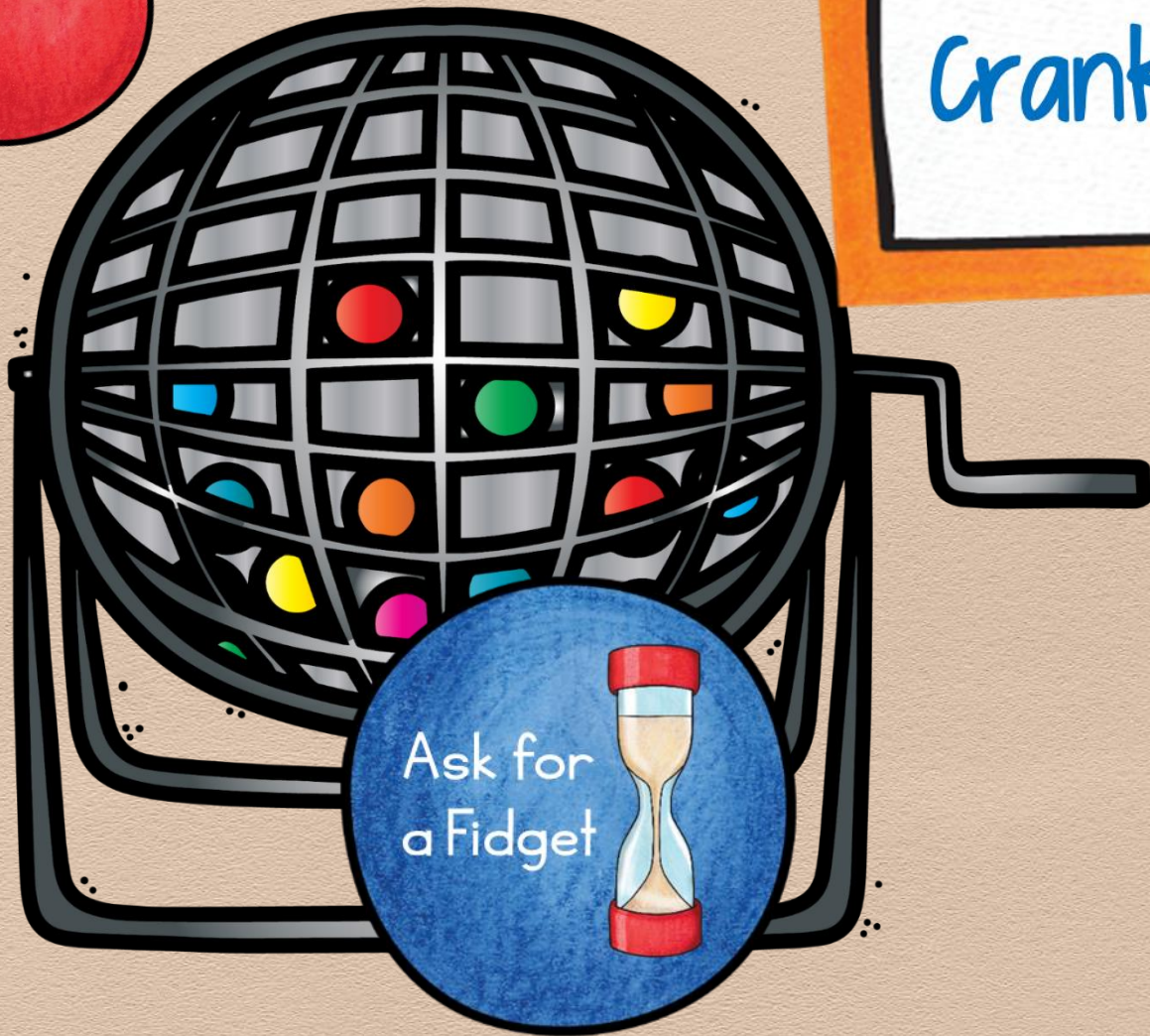
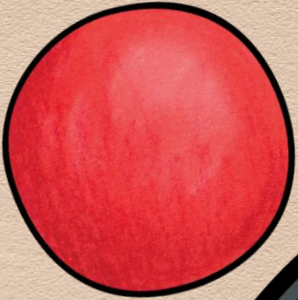
You are really doing great!



Next



Oh you are getting so close
to a **BINGO!**



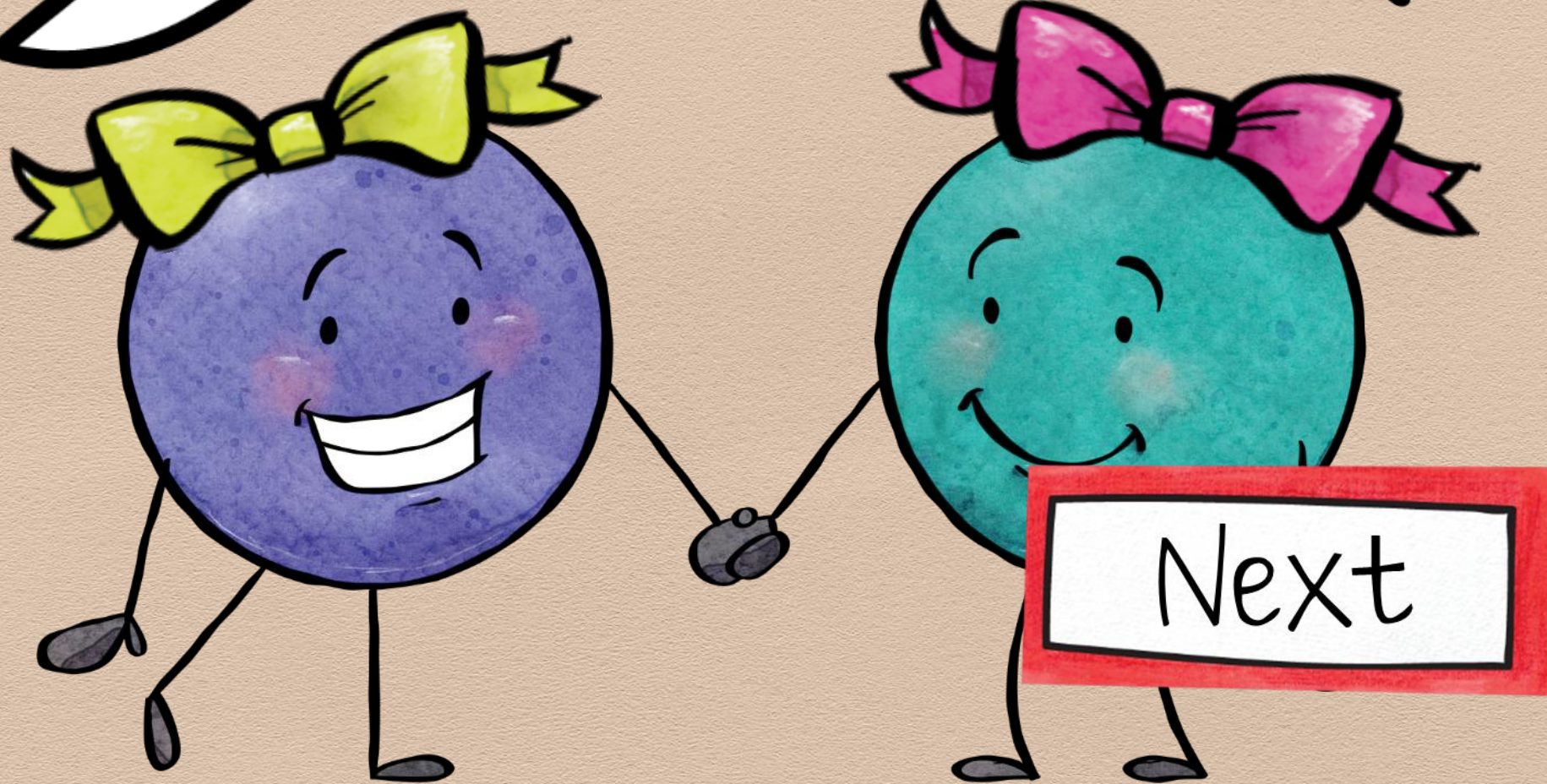
Crank the Spinner

Next



Let's have a heart-to-heart talk for a minute. Can I tell you how much I love a fidget toy? I love how they feel, I love how they distract me from being mad or frustrated, and I find them so intriguing. I just want to play with them all of the time!

I love being your friend. You always have such good ideas!



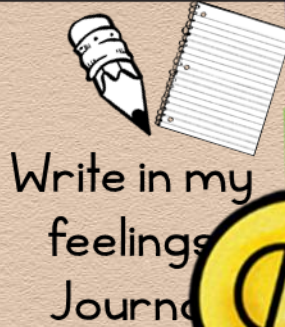
B I N G O

Talk to a trustworthy friend



Eat healthy

Play with putty



Write in my feelings Journal

craft



Tap your dabber to cover your BINGO space



and show it

sensory break

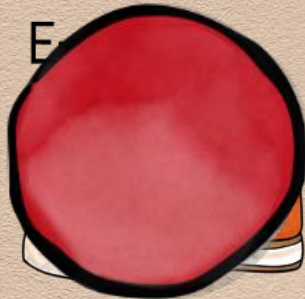
Sing really loud



Count to 10 Slowly



Talk to your counselor



E



Ask for a drink of water



Take Rainbow Breaths



Draw a Picture

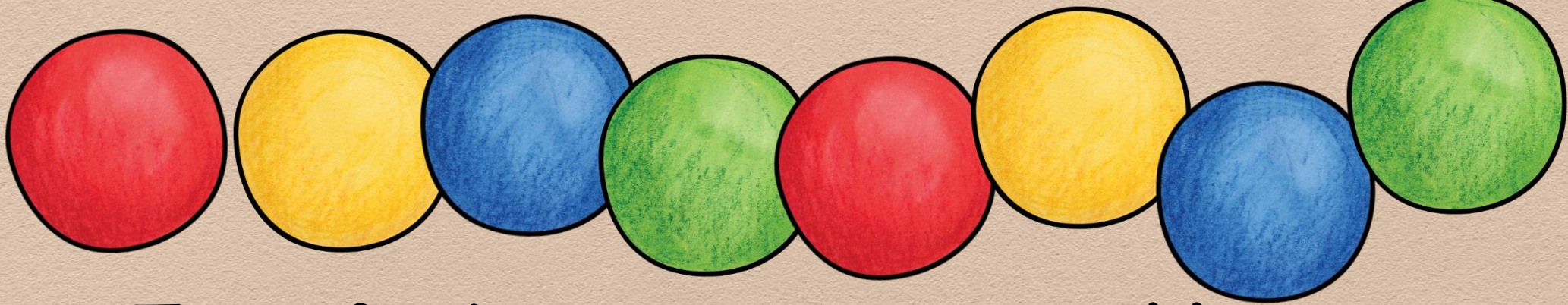
Ride your bike



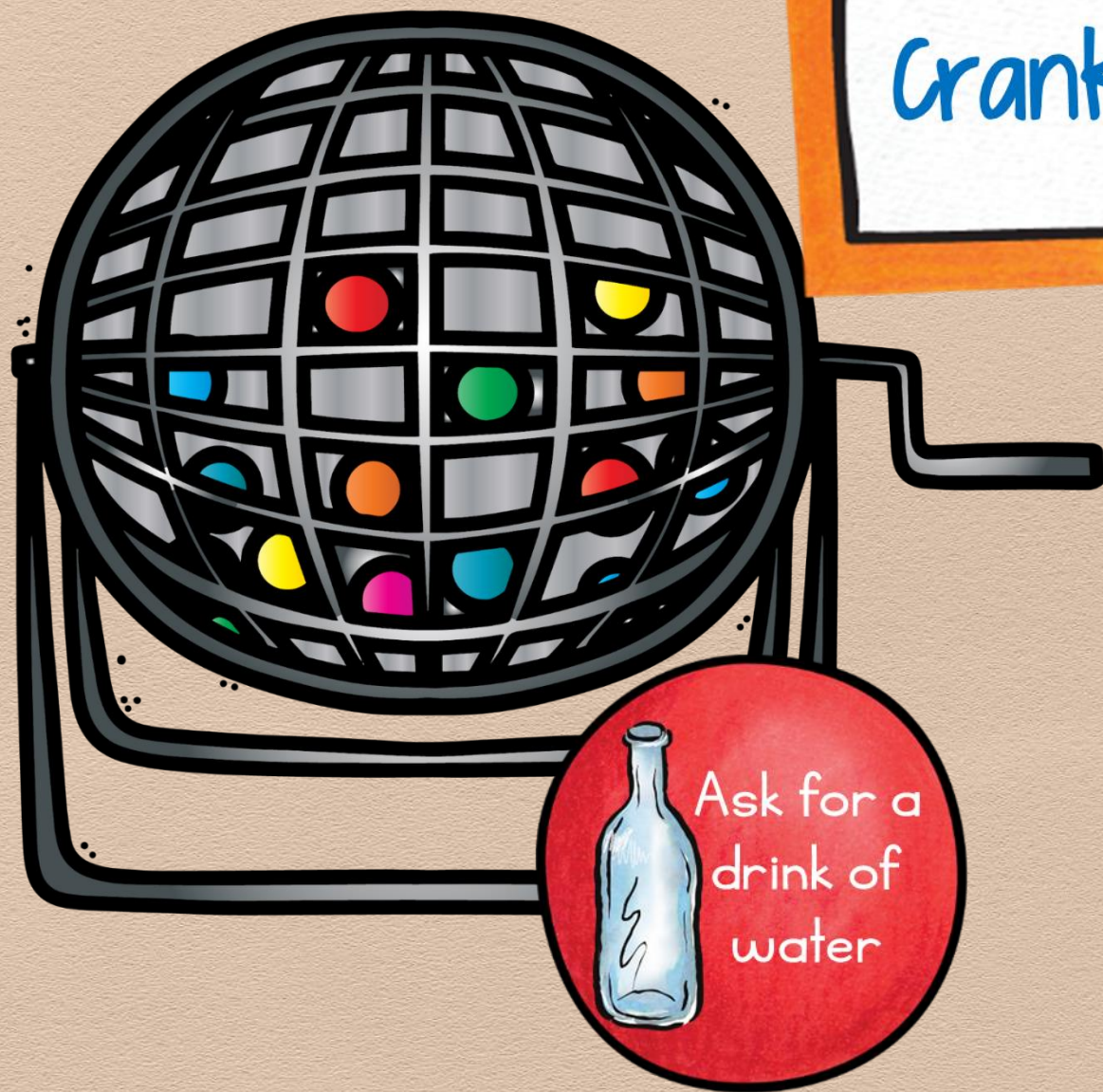
Next

Stress Ball

vely



I'm feeling you are getting
lucky!



Crank the Spinner

Next



I bet you wouldn't have thought that water was a coping skill, would you?

Actually, when you get mad, frustrated, anxious, or sad, water is a great way to regulate your emotions. You might ask, "Why" or "How?"

So...water helps hydrate your body. Research shows you are more apt to get mad, frustrated, anxious, or sad when you are de-hydrated. By adding water to your body, you are able to hydrate your body, thus calming you down.



Trust me on this one. Counselors are trained to give a bottle of water to students that are angry.



Next

B

I

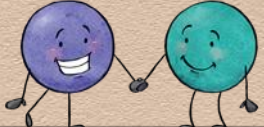
N

G

G



Talk to a trustworthy friend



Eat healthy meals

Play p



Write in my feelings Journal



Take a Stretch



Ma

Tap your dabber to cover your BINGO space



and how it



Count to 10 Slowly

Talk to your counselor



Take Rainbow Breaths



Draw a Picture

Ride your bike



Next

Stress Ball

vely



Great job!

I hope you learned
some coping skills
today! But more
importantly, I hope you
learn to use these
coping skills!

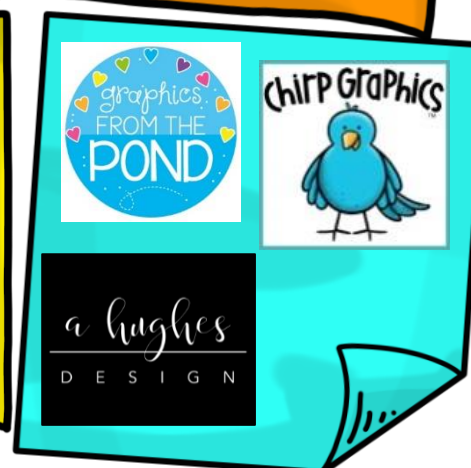
B

O!

Next



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