

# coping skills



a fun way to teach kids to handle frustration, anger, & stress!

Created by One-Stop Counseling Shop  
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# Coping Skills Bingo

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This bingo game was designed to help students learn many different coping strategies that they can use if they are stressed, angry, frustrated, or upset. It works best after students have already been introduced to the idea of what coping skills are. Two versions are included - one for younger students and one for older students.

This pack contains blank bingo cards (both versions), premade cards (younger version) and caller picture cards (both versions).

Directions:

- 1) After making the cards, if applicable, the caller randomly draws from their stack of bingo card pictures and reads the coping strategy to the class.
- 2) If the student has the called picture on their card, they mark it with a token or other marker.
- 3) When a student gets 5 pictures in a row (or 3 for the younger version) horizontally, vertically, or diagonally, they yell "bingo." They then recite the strategies and do one of the following (optional) to collect their prize:

- Choose 1 to demonstrate
- Tell about a time when they used one of the coping strategies
- Tell about a time when they saw someone use one of the coping strategies

Pictures on the younger version from Educlips.



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Also  
Check  
Out:



Yearly Planner Binder  
Snowman Coping Skills Activity  
Social Superstar Game

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Enjoy!



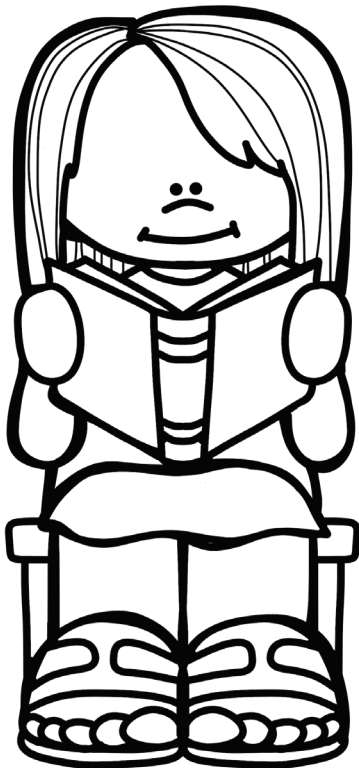
# CALLER CARDS



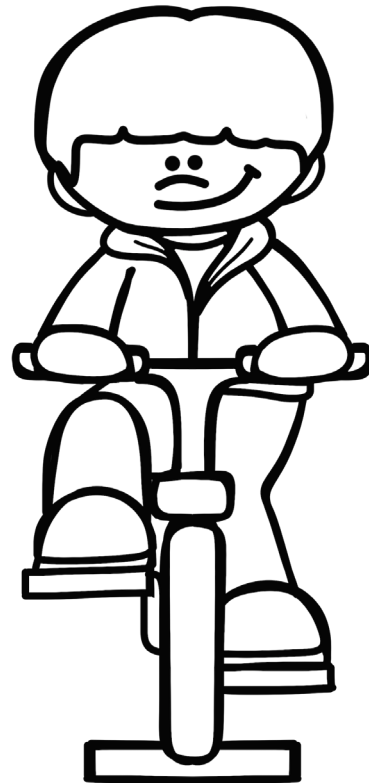
help a teacher



take a walk

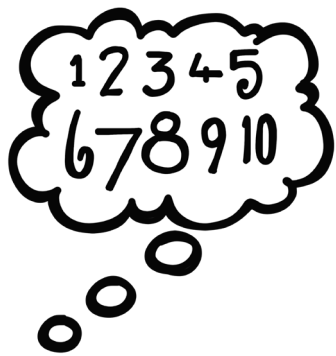


read a book



exercise

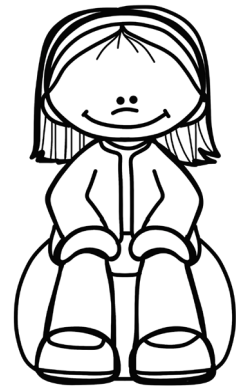
# CALM DOWN BINGO



count to 10



take deep breaths



sit on a ball



take a walk



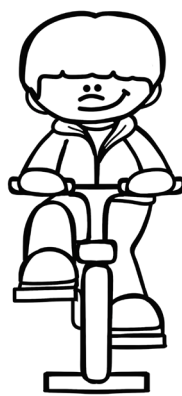
do some yoga



think happy thoughts



help a teacher



exercise



stop and think

# COPING SKILLS BINGO

Cut out these pieces and put in random places on your bingo card. You won't use every piece!

<p>TAKE A DEEP BREATH</p> 	<p>RIDE A BIKE</p> 	<p>COUNT TO 10</p> 	<p>TAKE A BREAK</p> 	<p>WRITE</p> 
<p>CALL SOMEONE ON THE PHONE</p> 	<p>TAKE A WALK</p> 	<p>SEE A MOVIE</p> 	<p>PLAY SOCCER</p> 	<p>LISTEN TO MUSIC</p> 
<p>USE POSITIVE SELF-TALK</p> 	<p>USE AN I-STATEMENT</p> 	<p>GO SWIMMING</p> 	<p>TALK TO A FRIEND</p> 	<p>TALK TO A PARENT</p> 
<p>TALK TO A TEACHER</p> 	<p>GO FISHING</p> 	<p>PLAY FOOTBALL</p> 	<p>IMAGINE A CALM PLACE</p> 	<p>TAKE A BATH OR A SHOWER</p> 
<p>GO FOR A RUN</p> 	<p>RAKE LEAVES</p> 	<p>COOK</p> 	<p>READ A BOOK</p> 	<p>SHOP</p> 
<p>CLEAN YOUR ROOM</p> 	<p>GO OUT TO EAT</p> 	<p>FLY A KITE</p> 	<p>PLAY WITH CLAY</p> 	<p>TAKE A NAP</p> 
<p>COUNT TO 50</p> 	<p>COUNT TO 100</p> 	<p>DRAW</p> 	<p>STOP &amp; THINK</p> 	<p>PLAY WITH PETS</p> 