
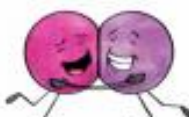












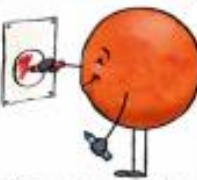









COPING SKILLS BINGO

 Spend time with a pet	 Spend time with a friend	 Push a wall	 Practice mindfulness	 Count down from 10
 Spend time in nature	 Shake a glitter bottle	 Listen to music	 Write a letter	 Build something
 Say affirmations	 Go for a walk	FREE SPACE	 Squeeze a stress ball	 Blow bubbles
 Draw a picture	 Control your breathing	 Do yoga	 Exercise	 Make a list of 5 positive things
 Play a game	 Dance	 Read a book	 Find something beautiful	 Write about your feelings

COPING SKILLS BINGO



Control your
breathing



Do yoga



Blow bubbles



Spend time
with a pet



Build something



Play a game



Dance



Make a list of 5
positive things



Write about
your feelings



Say affirmations



Exercise



Spend time in
nature

FREE
SPACE



Practice
mindfulness



Draw a picture



Find something
beautiful



Squeeze a
stress ball



Count down
from 10



Push a wall



Read a book



Write a letter



Spend time
with a friend



Go for a walk



Shake a glitter bottle



Listen to music

COPING SKILLS

BINGO



Dance



Listen to music



Spend time in nature



Play a game



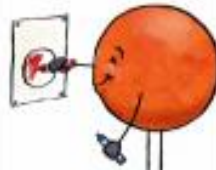
Find something beautiful



Build something



Push a wall



Draw a picture



Control your breathing



Make a list of 5 positive things



Blow bubbles



Shake a glitter bottle

FREE SPACE



Practice mindfulness



Spend time with a friend



Do yoga



Read a book



Spend time with a pet



Exercise



Write about your feelings



Write a letter



Count down from 10



Squeeze a stress ball



Say affirmations



Go for a walk

COPING SKILLS BINGO



Spend time in nature



Play a game



Say affirmations



Exercise



Make a list of 5 positive things



Practice mindfulness



Dance



Push a wall



Find something beautiful



Shake a glitter bottle



Write about your feelings



Do yoga

FREE SPACE



Spend time with a pet



Go for a walk



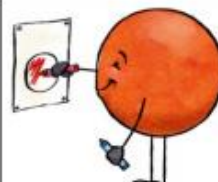
Write a letter



Read a book



Control your breathing



Draw a picture



Listen to music



Blow bubbles



Spend time with a friend



Count down from 10



Build something



Squeeze a stress ball

COPING SKILLS

BINGO



Go for a walk



Read a book



Write about
your feelings



Spend time in
nature



Count down
from 10



Shake a glitter bottle



Listen to music



Squeeze a
stress ball



Find something
beautiful



Build something



Exercise



Do yoga

FREE
SPACE



Write a letter



Control your
breathing



Spend time
with a pet



Spend time
with a friend



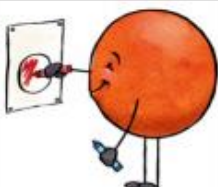
Dance



Make a list of 5
positive things



Practice
mindfulness



Draw a picture



Play a game



Say affirmations



Blow bubbles



Push a wall