

Coping Skills Bingo

Time: 30 - 45 minutes

Objective: Show children different things they can do to cope with how they are feeling

Materials: Bingo cards, coping skills list, bingo markers / any writing utensil



#GetReal

HOW TO DO IT:

1. Discuss situations which might cause your children to worry e.g. exams
2. Discuss what they could do if they are feeling this way
3. Give a bingo card to every child
4. Play bingo as usual by reading out the coping skills and let the children mark them off
5. Decide how you want to play - the first child to mark a row/full card wins
6. Finish the activity with an upbeat identification of things you can now do to be positive and manage difficult feelings. Remind your children that this is not the same as ignoring difficult feelings or pretending not to have them

Activity 2: Bingo Card 1

B	I	N	G	O
Play an instrument	Phone a friend	Knit	Share a meal	Journal
Lift weights	Garden	Savour something delicious	Cry	Build something
Send a card	Breathe	FREE SPACE	Have a virtual party	Word puzzles
Listen to music	Run	Positive Self-Talk	Play a video game	Cook
Watch a movie	Meditate	Play a board game	Sing	Play basketball

Activity 2: Bingo Card 2

B	I	N	G	O
Yoga	Play a video game	Use a stress ball	Give a gift	Cook
Listen to music	Play an instrument	Take a bath	Laugh	Send a card
Lift weights	Read	FREE SPACE	Pray/think about life	Dance
Word puzzles	Share a meal	Knit	Walk	Draw
Talk to a therapist	Garden	Watch a movie	Positive self-talk	Play a video game

Activity 2: Bingo Card 3

B	I	N	G	O
Play basketball	Draw	Spend time in nature	Give a gift	Breathe
Cook	Learn a language	Yoga	Talk to a therapist	Say something nice
Journal	Experience joy	FREE SPACE	Play an instrument	Play soccer
Word puzzles	Give a gift	Listen to music	Run	Write
Knit	Have a video party	Play a video game	Read	Laugh

Activity 2: Bingo Card 4

B	I	N	G	O
Walk	Build something	Savour something delicious	Cry	Paint
Play a video game	Lift weights	Use a stress ball	Take a bath	Send a card
Phone a friend	Dance	FREE SPACE	Pray/think about life	Laugh
Gardening	Sing	Meditate	Learn a language	Cook
Knit	Share a meal	Run	Draw	Positive self-talk

Coping Skills Bingo Word Bank

Cut out and shuffle to play!

Yoga	Dance	Lift weights	Run	Play basketball
Sing	Walk	Play Soccer	Phone a friend	Have a video party
Give a gift	Send a card	Play a board game	Say something nice	Share a meal
Knit	Paint	Draw	Word Puzzles	Cook
Play a video game	Garden	Spend time in nature	Listen to music	Play an instrument
Learn a language	Read	Watch a movie	Take a bath	Build something
Write	Savour something delicious	Breathe	Meditate	Positive self-talk
Use a stressball	Talk to a therapist	Pray/think about life	Experience Joy	Laugh
Cry	Journal			