Inspired Instruction

Coping Strategies Bingo

When you find yourself dealing with a challenging situation, refer to this board. Each time you use a coping strategy, cross it off, and try to complete five in a row!

Take 3 deep breaths.	Write in a journal.	Squeeze a stress ball.	Make a list.	Pay yourself 3 compliments.
Draw a doodle.	Think of a happy place.	Name 5 things that you see in the room.	Count to fifty.	Focus on one thing you are grateful for.
Use positive self-talk.	Think about something that makes you laugh.	*Free Space*	Write a letter to a friend.	Spend time alone for a few minutes.
Stand up and stretch.	Color in a coloring page.	Set a goal.	Take a quick walk.	Close your eyes for one minute.
Make a gratitude list.	Think of a time you made someone smile.	Talk to an adult.	Feel an object and focus on its texture.	Think about something you love to do.

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