Grounding Bingo

Watch a comedy movie	Bake	Alphabetize CDs/DVDs/Books	Give a Compliment to someone	Spirituality
Paint	Dance	Use the "5-4-3-2-1" Grounding Technique	Practice Mindfulness	Board Games
Sit in the Sun	Talk to Your Support System	54321 grounding	Watch something in Nature	Clean/organize something
Play with your pet	Make List of top 5 Coping Skills for Crises Situations	Turn off Electronics	Create/build something	Make a Calming Jar
Take 10 minute Break from a task	Make as many words as possible out of your full name	Sing and dance to favorite music	Take a hot shower or bath	Sit Outside

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Grounding Bingo

Journal	Talk to Your Support System	Make List of top 5 Coping Skills for Crises Situations	Help someone	Play a Sport
Make a Calming Jar	Gratitude List	Clench Fists for 5 Seconds then Release	Contact the Hotline/Counselor	Play with a Hacky Sack
Paint your Nails	Organize your room	54321 grounding	Call a Friend	Turn off Electronics
Squeeze a Stress Ball	Make Jokes	Clean/organize something	Make Slime	Use the "5-4-3-2-1" Grounding Technique
Board Games	Watch something in Nature	Use "I Feel" Statements	Bike Ride	Play with your pet

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Grounding Bingo

Spirituality	Physical Exercise	Card Game	Make Slime	Play with a Hacky Sack
Turn off Electronics	Make a Playlist	Paint your Nails	Deep Breathing (4-7-8 technique)	Go to a Park
Read your favorite Book	Write Yourself an "I Love You because..." Letter	54321 grounding	Stretch	Sit in the Sun
Punch a pillow	Take a Nap	Clean/organize something	Count Backwards from 100 by 7s	Rip paper into pieces
Dance	Sing and dance to favorite music	Play a Sport	Bake	Make Jokes

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