

# Coping Skills Bingo

|                       |                                 |                   |                               |                               |
|-----------------------|---------------------------------|-------------------|-------------------------------|-------------------------------|
| Tell the truth        | Ask questions                   | Don't tell lies   | Shower regularly              | Make your bed                 |
| Deep breathing        | Tell someone when you need help | Raise your hand   | Ask that others respect you   | Share your feelings           |
| Talk to your teachers | Think before you act            | <b>FREE</b>       | Ask to play games with family | Keep your room clean          |
| Listen to adults      | Smile a lot!                    | Make good choices | Ignore bullies                | Pay attention                 |
| Have fun when you can | Be honest                       | Respect others    | Use art to feel better        | Don't get into Double Trouble |

# Coping Skills Bingo

|                      |                               |                       |                                 |                       |
|----------------------|-------------------------------|-----------------------|---------------------------------|-----------------------|
| Think before you act | Ask that others respect you   | Shower regularly      | Deep breathing                  | Raise your hand       |
| Don't tell lies      | Use art to feel better        | Make your bed         | Be honest                       | Share your feelings   |
| Listen to adults     | Ask to play games with family | <b>FREE</b>           | Keep your room clean            | Ask questions         |
| Ignore bullies       | Respect others                | Tell the truth        | Don't get into Double Trouble   | Smile a lot!          |
| Make good choices    | Pay attention                 | Talk to your teachers | Tell someone when you need help | Have fun when you can |

# Coping Skills Bingo

|                       |                               |                             |                                 |                               |
|-----------------------|-------------------------------|-----------------------------|---------------------------------|-------------------------------|
| Be honest             | Respect others                | Ask that others respect you | Pay attention                   | Ask to play games with family |
| Tell the truth        | Listen to adults              | Make good choices           | Tell someone when you need help | Make your bed                 |
| Talk to your teachers | Don't get into Double Trouble | <b>FREE</b>                 | Smile a lot!                    | Ignore bullies                |
| Think before you act  | Share your feelings           | Shower regularly            | Use art to feel better          | Don't tell lies               |
| Keep your room clean  | Ask questions                 | Raise your hand             | Deep breathing                  | Have fun when you can         |