

B	I	N	G	O
what makes you frustrated	Buzzing bee breath	Reach high to the sky and breath	show how to use a stress ball	blow 10 bubbles or pretend
Negative coping skills you use	what makes you angry	draw or write for 2-3 minutes	Do 5 wall pushups	roller coaster breathing
what happens when you feel frustrated	what makes you happy	FREE	Favorite coping skill to use	Warrior 3 pose I am kind
What are coping skills	what happens when you feel angry	When should you use coping skills	Warrior 1 pose I am hardworking	demonstrate a coping skill
Share a happy thought	Hop 5 times	give example of stop think act	what makes you sad	Peaceful warrior pose I am peaceful

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what makes you happy	Do 5 wall pushups	show how to use a stress ball	Negative coping skills you use	draw or write for 2-3 minutes
Reach high to the sky and breath	what makes you sad	blow 10 bubbles or pretend	Hop 5 times	roller coaster breathing
What are coping skills	Favorite coping skill to use	FREE	Warrior 3 pose I am kind	Buzzing bee breath
Warrior 1 pose I am hardworking	give example of stop think act	what makes you frustrated	Peaceful warrior pose I am peaceful	what happens when you feel angry
When should you use coping skills	demonstrate a coping skill	what happens when you feel frustrated	what makes you angry	Share a happy thought

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Hop 5 times	give example of stop think act	Do 5 wall pushups	demonstrate a coping skill	Favorite coping skill to use
what makes you frustrated	What are coping skills	When should you use coping skills	what makes you angry	blow 10 bubbles or pretend
what happens when you feel frustrated	Peaceful warrior pose I am peaceful	FREE	what happens when you feel angry	Warrior 1 pose I am hardworking
what makes you happy	roller coaster breathing	show how to use a stress ball	what makes you sad	Reach high to the sky and breath
Warrior 3 pose I am kind	Buzzing bee breath	draw or write for 2-3 minutes	Negative coping skills you use	Share a happy thought