



Coping Skills Bingo

When you are feeling upset, or struggling with lots of changes, play this game and see how many Bingo's you can get. Do you feel better afterwards?

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| Ask for a hug from a parent or safe adult | Take a warm bath/shower | Eat something yummy and sweet | Throw a ball outside or against a brick wall with no windows nearby. | Draw something or several somethings |
| Play a game | Eat something salty | Place a cool rag on your forehead or back of neck | Build something (legos, cardboard, paper, sticks etc) | Swing really high on some swings or rock gently in a hammock |
| Eat something sour | Get a back massage or rub your temples | Research and Plan an activity you want to do with a parent/guardian | Go on an adventure (in a book or in real life with a parent) | See if any toys in your room can be donated to someone else (Sort it all out) |
| Feed the dog or cat or animal – giving to others can make us feel better too | Try a new recipe (get permission to use the stove) | Watch a movie that makes your feel better | Drink something hot or cozy | Hang your head upside down and put your feet up on the back of the chair and take 5 breaths. |
| Listen to music and dance to it. | Plan a good surprise for a friend | Talk to someone about how you feel and what could help you feel better. | Lay on the floor and take 5 deep belly breaths | Drink something cold or fizzy |



Murphy says: There's no limit to what you can do to feel better, just get up and get creative but be sure to follow the rules of your house or check if you are worried. It's a parent's job to make sure you have coping skills you can use but that doesn't mean they HAVE to let you watch TV whenever you want. It's important to have LOTS of things to do so that you can do something else if something is off limits.

