



Mental Health Awareness Week

Building Resiliency



Grades K-4

COPING SKILLS BINGO

Time: 30 minutes

Materials: Coping Skills Bingo Card for each student, caller's cards, prizes (optional)

Directions:

A coping skill is pretty much any activity someone can do to help their mental health. They are things that make us feel good or improve our mood. Visit with students about what coping skills are and ask them what they do to cope.

Distribute a card to each student and talk about the different coping skills listed. Use the caller's cards to randomly choose squares. Have students mark or cover each space when they hear it.



Coping Skills BINGO

Play a Game	Call Someone You Miss	Get Some Exercise	Look at Family Photos	Sing Karaoke
Play a Video Game	Snuggle a Pet	Color or Draw	Close Eyes and Count to 10	Tell Someone You Love Them
Write about Your Feelings	Help Someone with a Chore	FREE SPACE	Organize Your Room	Talk to a Caring Adult
Watch a Movie	Do a Puzzle	Play with a Fidget	Tell a Joke	Have a Good Cry
Go for a Walk	Write a "Thank You"	Take 3 Deep Breaths	Read a Good Book	Go to Bed Early

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Coping Skills **BINGO**

Cut out the squares below to use for calling.

Sing Karaoke	Go for a Walk	Play a Video Game	Color or Draw
Talk to a Caring Adult	Organize Your Room	Read a Good Book	Tell Someone You Love Them
Snuggle a Pet	Get Some Exercise	Close Eyes & Count to 10	Go to Bed Early
Write a "Thank You"	Tell a Joke	Write About Your Feelings	Help Someone with a Chore
Play a Game	Call Someone You Miss	Look at Family Photos	Watch a Movie
Take 3 Deep Breaths	Play with a Fidget	Do a Puzzle	Have a Good Cry



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Coping Skills **BINGO**

Talk to a Caring Adult	Color or Draw	Play a Video Game	Go for a Walk	Sing Karaoke
Organize Your Room	Read a Good Book	Tell Someone You Love Them	Snuggle a Pet	Get Some Exercise
Tell a Joke	Write a "Thank You"	FREE SPACE	Go to Bed Early	Close Eyes and Count to 10
Write about Your Feelings	Help Someone with a Chore	Play a Game	Call Someone You Miss	Look at Family Photos
Have a Good Cry	Do a Puzzle	Play with a Fidget	Take 3 Deep Breaths	Watch a Movie

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Coping
Skills

BINGO

Tell Someone You Love Them	Snuggle a Pet	Play with a Fidget	Talk to a Caring Adult	Help Someone with a Chore
Organize Your Room	Go to Bed Early	Take 3 Deep Breaths	Tell a Joke	Go for a Walk
Write about Your Feelings	Look at Family Photos	FREE SPACE	Do a Puzzle	Play a Game
Close Eyes and Count to 10	Get Some Exercise	Color or Draw	Write a "Thank You"	Call Someone You Miss
Sing Karaoke	Have a Good Cry	Play a Video Game	Read a Good Book	Watch a Movie

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BINGO

Take 3 Deep Breaths	Read a Good Book	Tell Someone You Love Them	Look at Family Photos	Play a Game
Watch a Movie	Go for a Walk	Go to Bed Early	Play with a Fidget	Write a "Thank You"
Color or Draw	Talk to a Caring Adult	FREE SPACE	Close Eyes and Count to 10	Have a Good Cry
Snuggle a Pet	Help Someone with a Chore	Tell a Joke	Call Someone You Miss	Write about Your Feelings
Sing Karaoke	Play a Video Game	Organize Your Room	Get Some Exercise	Do a Puzzle

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Coping Skills **BINGO**

Write a "Thank You"	Play a Video Game	Tell a Joke	Get Some Exercise	Play with a Fidget
Close Eyes and Count to 10	Read a Good Book	Sing Karaoke	Write about Your Feelings	Take 3 Deep Breaths
Go to Bed Early	Talk to a Caring Adult	FREE SPACE	Tell Someone You Love Them	Do a Puzzle
Look at Family Photos	Help Someone with a Chore	Go for a Walk	Watch a Movie	Organize Your Room
Snuggle a Pet	Color or Draw	Play a Game	Call Someone You Miss	Have a Good Cry

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Coping Skills **BINGO**

Play a Video Game	Get Some Exercise	Write a "Thank You"	Go to Bed Early	Call Someone You Miss
Tell Someone You Love Them	Help Someone with a Chore	Snuggle a Pet	Watch a Movie	Close Eyes and Count to 10
Color or Draw	Write about Your Feelings	FREE SPACE	Organize Your Room	Play a Game
Go for a Walk	Do a Puzzle	Look at Family Photos	Read a Good Book	Talk to a Caring Adult
Have a Good Cry	Tell a Joke	Sing Karaoke	Take 3 Deep Breaths	Play with a Fidget

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Coping
Skills

BINGO

Play a Video Game	Color or Draw	Talk to a Caring Adult	Do a Puzzle	Go for a Walk
Go to Bed Early	Snuggle a Pet	Play with a Fidget	Tell Someone You Love Them	Read a Good Book
Call Someone You Miss	Play a Game	FREE SPACE	Sing Karaoke	Take 3 Deep Breaths
Help Someone with a Chore	Tell a Joke	Write a "Thank You"	Write about Your Feelings	Organize Your Room
Look at Family Photos	Get Some Exercise	Watch a Movie	Close Eyes and Count to 10	Have a Good Cry

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Awareness Week**

Coping
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BINGO

Write about Your Feelings	Do a Puzzle	Tell a Joke	Sing Karaoke	Tell Someone You Love Them
Have a Good Cry	Snuggle a Pet	Go for a Walk	Play a Game	Read a Good Book
Go to Bed Early	Take 3 Deep Breaths	FREE SPACE	Organize Your Room	Close Eyes and Count to 10
Play a Video Game	Play with a Fidget	Look at Family Photos	Call Someone You Miss	Write a "Thank You"
Help Someone with a Chore	Talk to a Caring Adult	Get Some Exercise	Color or Draw	Watch a Movie

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Coping
Skills

BINGO

Write about Your Feelings	Talk to a Caring Adult	Help Someone with a Chore	Organize Your Room	Call Someone You Miss
Do a Puzzle	Close Eyes and Count to 10	Write a "Thank You"	Play a Video Game	Get Some Exercise
Tell Someone You Love Them	Take 3 Deep Breaths	FREE SPACE	Read a Good Book	Go to Bed Early
Color or Draw	Watch a Movie	Go for a Walk	Sing Karaoke	Play a Game
Snuggle a Pet	Look at Family Photos	Have a Good Cry	Play with a Fidget	Tell a Joke

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Help Someone with a Chore	Look at Family Photos	Play with a Fidget	Close Eyes and Count to 10	Tell a Joke
Play a Video Game	Get Some Exercise	Go for a Walk	Play a Game	Talk to a Caring Adult
Take 3 Deep Breaths	Read a Good Book	FREE SPACE	Write about Your Feelings	Go to Bed Early
Snuggle a Pet	Have a Good Cry	Watch a Movie	Sing Karaoke	Do a Puzzle
Organize Your Room	Tell Someone You Love Them	Color or Draw	Call Someone You Miss	Write a "Thank You"

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Sing Karaoke	Write a "Thank You"	Tell a Joke	Color or Draw	Do a Puzzle
Snuggle a Pet	Have a Good Cry	Go to Bed Early	Close Eyes and Count to 10	Call Someone You Miss
Play with a Fidget	Tell Someone You Love Them	FREE SPACE	Look at Family Photos	Talk to a Caring Adult
Play a Video Game	Write about Your Feelings	Play a Game	Watch a Movie	Get Some Exercise
Take 3 Deep Breaths	Organize Your Room	Help Someone with a Chore	Go for a Walk	Read a Good Book

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Color or Draw	Watch a Movie	Close Eyes and Count to 10	Talk to a Caring Adult	Go for a Walk
Read a Good Book	Help Someone with a Chore	Play a Video Game	Tell Someone You Love Them	Have a Good Cry
Play with a Fidget	Sing Karaoke	FREE SPACE	Write about Your Feelings	Play a Game
Snuggle a Pet	Take 3 Deep Breaths	Tell a Joke	Do a Puzzle	Write a "Thank You"
Call Someone You Miss	Go to Bed Early	Get Some Exercise	Organize Your Room	Look at Family Photos

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Read a Good Book	Have a Good Cry	Snuggle a Pet	Color or Draw	Go to Bed Early
Look at Family Photos	Play with a Fidget	Organize Your Room	Watch a Movie	Go for a Walk
Play a Game	Tell Someone You Love Them	FREE SPACE	Close Eyes and Count to 10	Write about Your Feelings
Play a Video Game	Talk to a Caring Adult	Write a "Thank You"	Help Someone with a Chore	Do a Puzzle
Call Someone You Miss	Take 3 Deep Breaths	Sing Karaoke	Get Some Exercise	Tell a Joke

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Tell Someone You Love Them	Help Someone with a Chore	Get Some Exercise	Look at Family Photos	Play with a Fidget
Do a Puzzle	Go for a Walk	Write about Your Feelings	Read a Good Book	Tell a Joke
Talk to a Caring Adult	Snuggle a Pet	FREE SPACE	Go to Bed Early	Have a Good Cry
Call Someone You Miss	Sing Karaoke	Close Eyes and Count to 10	Organize Your Room	Color or Draw
Write a "Thank You"	Play a Game	Play a Video Game	Watch a Movie	Take 3 Deep Breaths

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Look at Family Photos	Get Some Exercise	Play a Game	Play with a Fidget	Do a Puzzle
Tell Someone You Love Them	Take 3 Deep Breaths	Organize Your Room	Read a Good Book	Go to Bed Early
Watch a Movie	Call Someone You Miss	FREE SPACE	Snuggle a Pet	Play a Video Game
Sing Karaoke	Close Eyes and Count to 10	Write a "Thank You"	Go for a Walk	Tell a Joke
Talk to a Caring Adult	Write about Your Feelings	Help Someone with a Chore	Have a Good Cry	Color or Draw

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Have a Good Cry	Help Someone with a Chore	Play a Video Game	Snuggle a Pet	Color or Draw
Take 3 Deep Breaths	Write a "Thank You"	Play with a Fidget	Go for a Walk	Close Eyes and Count to 10
Read a Good Book	Get Some Exercise	FREE SPACE	Tell a Joke	Tell Someone You Love Them
Organize Your Room	Talk to a Caring Adult	Write about Your Feelings	Go to Bed Early	Call Someone You Miss
Watch a Movie	Do a Puzzle	Sing Karaoke	Play a Game	Look at Family Photos

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Read a Good Book	Play a Game	Close Eyes and Count to 10	Write about Your Feelings	Go to Bed Early
Write a "Thank You"	Watch a Movie	Tell Someone You Love Them	Play with a Fidget	Take 3 Deep Breaths
Sing Karaoke	Call Someone You Miss	FREE SPACE	Play a Video Game	Look at Family Photos
Snuggle a Pet	Talk to a Caring Adult	Organize Your Room	Help Someone with a Chore	Tell a Joke
Get Some Exercise	Have a Good Cry	Color or Draw	Go for a Walk	Do a Puzzle

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Play a Video Game	Read a Good Book	Go for a Walk	Write about Your Feelings	Get Some Exercise
Tell a Joke	Color or Draw	Have a Good Cry	Look at Family Photos	Help Someone with a Chore
Play with a Fidget	Call Someone You Miss	FREE SPACE	Organize Your Room	Play a Game
Snuggle a Pet	Do a Puzzle	Watch a Movie	Sing Karaoke	Take 3 Deep Breaths
Talk to a Caring Adult	Write a "Thank You"	Close Eyes and Count to 10	Tell Someone You Love Them	Go to Bed Early

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Play a Game	Color or Draw	Call Someone You Miss	Get Some Exercise	Tell Someone You Love Them
Play with a Fidget	Talk to a Caring Adult	Read a Good Book	Sing Karaoke	Take 3 Deep Breaths
Write a "Thank You"	Play a Video Game	FREE SPACE	Organize Your Room	Look at Family Photos
Help Someone with a Chore	Tell a Joke	Go to Bed Early	Have a Good Cry	Go for a Walk
Do a Puzzle	Close Eyes and Count to 10	Snuggle a Pet	Watch a Movie	Write about Your Feelings

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Go to Bed Early	Organize Your Room	Look at Family Photos	Do a Puzzle	Play a Game
Help Someone with a Chore	Get Some Exercise	Sing Karaoke	Play with a Fidget	Take 3 Deep Breaths
Talk to a Caring Adult	Write about Your Feelings	FREE SPACE	Go for a Walk	Tell a Joke
Snuggle a Pet	Have a Good Cry	Close Eyes and Count to 10	Tell Someone You Love Them	Call Someone You Miss
Play a Video Game	Watch a Movie	Read a Good Book	Write a "Thank You"	Color or Draw

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Coping Skills **BINGO**

Play with a Fidget	Tell a Joke	Go to Bed Early	Read a Good Book	Call Someone You Miss
Snuggle a Pet	Sing Karaoke	Have a Good Cry	Play a Video Game	Color or Draw
Watch a Movie	Organize Your Room	FREE SPACE	Play a Game	Help Someone with a Chore
Tell Someone You Love Them	Do a Puzzle	Write a "Thank You"	Write about Your Feelings	Take 3 Deep Breaths
Close Eyes and Count to 10	Go for a Walk	Get Some Exercise	Look at Family Photos	Talk to a Caring Adult

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Tell a Joke	Sing Karaoke	Have a Good Cry	Read a Good Book	Talk to a Caring Adult
Take 3 Deep Breaths	Play a Video Game	Write a "Thank You"	Close Eyes and Count to 10	Get Some Exercise
Do a Puzzle	Go for a Walk	FREE SPACE	Write about Your Feelings	Look at Family Photos
Snuggle a Pet	Tell Someone You Love Them	Call Someone You Miss	Play with a Fidget	Play a Game
Go to Bed Early	Color or Draw	Organize Your Room	Watch a Movie	Help Someone with a Chore

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Play a Video Game	Snuggle a Pet	Color or Draw	Close Eyes and Count to 10	Tell Someone You Love Them
Write about Your Feelings	Help Someone with a Chore	FREE SPACE	Organize Your Room	Talk to a Caring Adult
Watch a Movie	Do a Puzzle	Play with a Fidget	Tell a Joke	Have a Good Cry
Go for a Walk	Write a "Thank You"	Take 3 Deep Breaths	Read a Good Book	Go to Bed Early

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Organize Your Room	Look at Family Photos	Call Someone You Miss	Do a Puzzle	Snuggle a Pet
Tell a Joke	Take 3 Deep Breaths	Write about Your Feelings	Help Someone with a Chore	Tell Someone You Love Them
Write a "Thank You"	Play a Game	FREE SPACE	Have a Good Cry	Go to Bed Early
Play with a Fidget	Watch a Movie	Sing Karaoke	Read a Good Book	Get Some Exercise
Go for a Walk	Close Eyes and Count to 10	Talk to a Caring Adult	Color or Draw	Play a Video Game

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BINGO

Go to Bed Early	Watch a Movie	Take 3 Deep Breaths	Color or Draw	Sing Karaoke
Organize Your Room	Read a Good Book	Play a Video Game	Write a "Thank You"	Get Some Exercise
Have a Good Cry	Play with a Fidget	FREE SPACE	Help Someone with a Chore	Play a Game
Snuggle a Pet	Call Someone You Miss	Do a Puzzle	Look at Family Photos	Go for a Walk
Talk to a Caring Adult	Tell a Joke	Close Eyes and Count to 10	Tell Someone You Love Them	Write about Your Feelings

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Play with a Fidget	Take 3 Deep Breaths	Write a "Thank You"	Get Some Exercise	Do a Puzzle
Play a Game	Help Someone with a Chore	Call Someone You Miss	Look at Family Photos	Write about Your Feelings
Organize Your Room	Read a Good Book	FREE SPACE	Color or Draw	Tell a Joke
Tell Someone You Love Them	Watch a Movie	Go for a Walk	Talk to a Caring Adult	Have a Good Cry
Sing Karaoke	Play a Video Game	Close Eyes and Count to 10	Go to Bed Early	Snuggle a Pet

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BINGO

Call Someone You Miss	Have a Good Cry	Look at Family Photos	Tell Someone You Love Them	Go to Bed Early
Close Eyes and Count to 10	Play a Game	Write about Your Feelings	Tell a Joke	Organize Your Room
Get Some Exercise	Snuggle a Pet	FREE SPACE	Do a Puzzle	Play a Video Game
Sing Karaoke	Take 3 Deep Breaths	Watch a Movie	Play with a Fidget	Read a Good Book
Talk to a Caring Adult	Help Someone with a Chore	Color or Draw	Go for a Walk	Write a "Thank You"

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Write about Your Feelings	Have a Good Cry	Play a Video Game	Play with a Fidget	Write a "Thank You"
Close Eyes and Count to 10	Tell a Joke	Call Someone You Miss	Get Some Exercise	Watch a Movie
Play a Game	Take 3 Deep Breaths	FREE SPACE	Do a Puzzle	Help Someone with a Chore
Talk to a Caring Adult	Read a Good Book	Sing Karaoke	Look at Family Photos	Organize Your Room
Color or Draw	Snuggle a Pet	Tell Someone You Love Them	Go to Bed Early	Go for a Walk

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Write about Your Feelings	Organize Your Room	Talk to a Caring Adult	Go to Bed Early	Snuggle a Pet
Write a "Thank You"	Watch a Movie	Tell a Joke	Call Someone You Miss	Take 3 Deep Breaths
Read a Good Book	Tell Someone You Love Them	FREE SPACE	Do a Puzzle	Look at Family Photos
Help Someone with a Chore	Get Some Exercise	Color or Draw	Play with a Fidget	Have a Good Cry
Go for a Walk	Play a Game	Close Eyes and Count to 10	Sing Karaoke	Play a Video Game

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BINGO

Organize Your Room	Color or Draw	Watch a Movie	Call Someone You Miss	Get Some Exercise
Have a Good Cry	Close Eyes and Count to 10	Do a Puzzle	Play a Game	Play with a Fidget
Help Someone with a Chore	Read a Good Book	FREE SPACE	Write a "Thank You"	Take 3 Deep Breaths
Go to Bed Early	Tell Someone You Love Them	Tell a Joke	Write about Your Feelings	Go for a Walk
Snuggle a Pet	Sing Karaoke	Talk to a Caring Adult	Look at Family Photos	Play a Video Game

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Sing Karaoke	Have a Good Cry	Close Eyes and Count to 10	Go to Bed Early	Write a "Thank You"
Tell a Joke	Go for a Walk	Read a Good Book	Write about Your Feelings	Organize Your Room
Talk to a Caring Adult	Play with a Fidget	FREE SPACE	Play a Video Game	Get Some Exercise
Color or Draw	Play a Game	Tell Someone You Love Them	Take 3 Deep Breaths	Look at Family Photos
Do a Puzzle	Watch a Movie	Call Someone You Miss	Snuggle a Pet	Help Someone with a Chore

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