

Coping Bingo Tokens

Talk to a friend	Talk to a friend	Breathe & count to 10	Breathe & count to 10	Listen to music
Listen to music	Talk to a supportive adult	Talk to a supportive adult	Make a plan	Make a plan
Try to relax	Try to relax	Talk about your feelings	Talk about your feelings	Write in a journal
Write in a journal	Ask for help	Ask for help	Try & look at things another way	Try & look at things another way
Confront the problem	Confront the problem	Go do something fun	Go do something fun	Talk to a friend
Breathe & count to 10	Listen to music	Talk to a supportive adult	Make a plan	Try to relax

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your feelings

Write in a
journal

Ask for help

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Confront the
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Go do
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