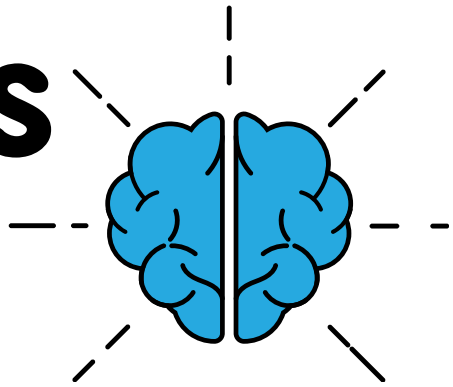
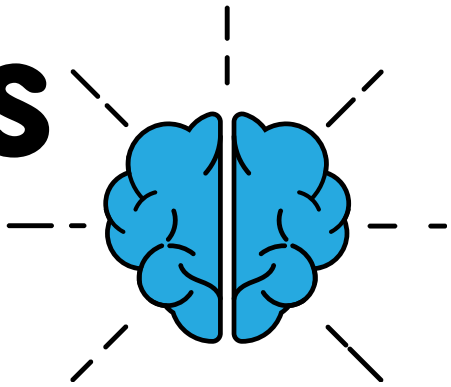
COPING SKILLS BINGO



Take a walk outside.	Stretch for 5 minutes.	Drink a glass of water.	Do 10 jumping jacks.	Try deep breathing for 3 minutes.
Write in a journal for 10 minutes.	List 3 things you're grateful for.	Draw or doodle your feelings.	Listen to your favorite calming music.	Practice self-compassion with an affirmation
Call or text a friend.	Spend time with a pet.		Write a letter to someone you miss.	Compliment someone genuinely
Ask for a hug or give one.	Start a small DIY project.	Color in a coloring book.	Bake or cook something new.	Rearrange a small corner of your room.
Try a 5-minute meditation.	Watch the clouds or stargaze	Light a candle and relax.	Practice grounding by naming 5 things you see.	Visualize a favorite peaceful place.

Small Steps, Big Impact: Find Calm, One Square at a Time!

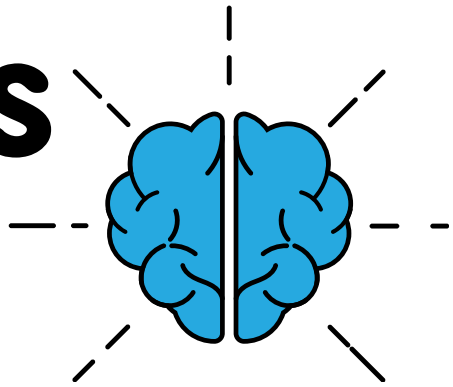
COPING SKILLS BINGO



		SELF LOVE		

Small Steps, Big Impact: Find Calm, One Square at a Time!

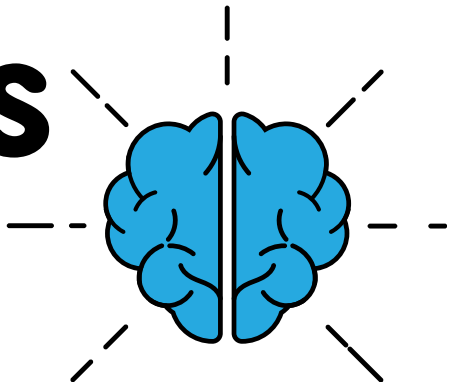
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		SELF LOVE		

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