

COPING SKILLS BINGO

Printable SEL Games & Coping Strategy Activities

36 Bingo Boards • 24 Coping Tools • 24 Calling Cards

KINDERGARTEN-GRADE 3



GROW CALM KIDS

growcalmkids.com

COPING SKILLS BINGO LAB

WHAT'S INSIDE

12 beginner boards - 3 x 3



24 standard boards - 4 x 4



24 coping tools and
24 matching caller cards



2 strategy reference pages



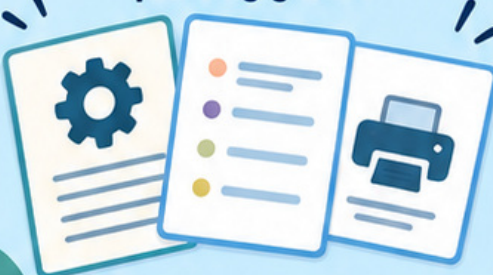
12 SEL situation cards



3 student reflection activities



Teacher quick start,
game rules, access and
printing guides



Color and low-ink
PDF editions



Kindergarten-Grade 3



GROW CALM KIDS

HOW TO PLAY

BEGINNER - 3 x 3

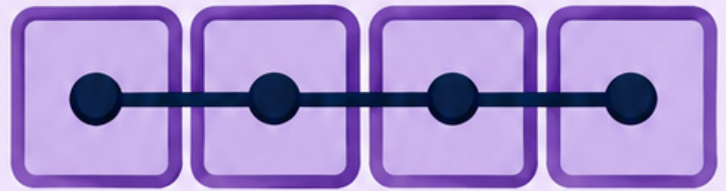
9 different skills from the 12-card beginner deck.



Three in a straight line wins.

STANDARD - 4 x 4

16 different skills from the 24-card standard deck.



Four in a straight line wins.



Read or show one caller card.



Cover the matching picture on your board.



Across, down, or diagonal lines count.



There are no free spaces.



Check a completed line against the cards called.



Or set a shared goal: find and name one tool.

COPING SKILLS BINGO

BEGINNER BOARD B01



Ask for help



Stretch my body



Take a break



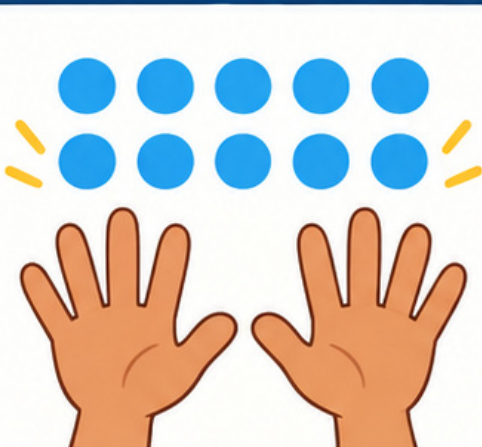
Drink water



Gentle breaths



Use a fidget



Count to 10



**Talk to someone
I trust**



Draw or color

Three in a row wins: across, down, or diagonal.

COPING SKILLS BINGO

STANDARD BOARD S01



Ask for help



Stretch my body



Listen to music



Make a simple plan



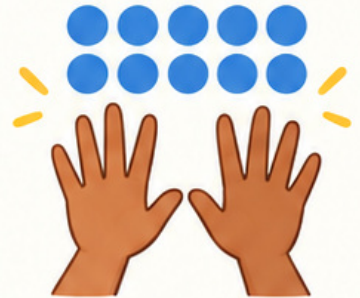
Draw or color



Read a book



Hold a comfort item



Count to 10



**Talk to someone
I trust**



**Say kind words
to myself**



Gentle breaths



Use a fidget



Name my feeling



Take a break



Drink water



Find a quiet spot

Four in a row wins: across, down, or diagonal.

COPING SKILLS BINGO

CALLING CARDS



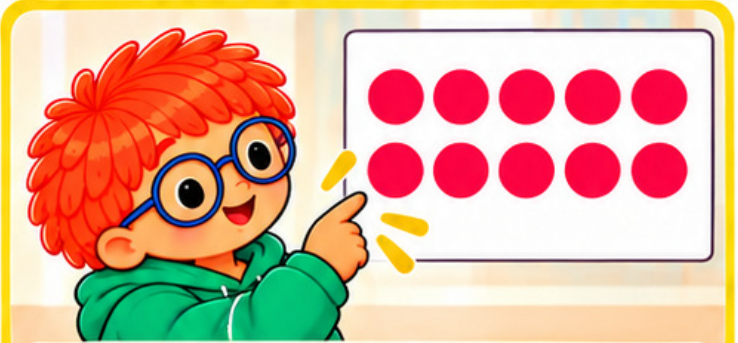
Ask for help



Take a break



Gentle breaths



Count to 10



Draw or color



Stretch my body



Drink water



Use a fidget

SEL SITUATION CARDS

What coping tool might help?
More than one answer can fit. Passing is okay.



I made a mistake.



The room feels noisy.



I am waiting for my turn.



A task feels difficult.



A plan suddenly changed.



I feel frustrated.



MY COPING TOOLBOX



Choose 3 coping tools you might want to try.
Choose from the game or add your own idea.

1

A tool I might try:

2

A tool I might try:

3

A tool I might try:

Draw, write, point, or ask an adult to help.

You may pass or keep your ideas private.

THANK YOU FOR PLAYING!



Keep practicing small coping choices,
one step at a time.

Thanks for choosing Grow Calm Kids.

Explore more printable tools at growcalmkids.com