

o MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

☆☆☆☆☆ **EXTREMELY SATISFIED**

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

Directions:

This BINGO game is an engaging and FUN way to teach and review coping skills!

25 BINGO boards and 24 calling cards are included.

Please print the calling cards and BINGO boards.

Please cut out the calling cards. I recommend laminating the BINGO materials or printing them on cardstock so you can use them time and time again.

This game is played like a traditional BINGO game. To play, the educator chooses a calling card out of a bucket or bag and reads it aloud. Then, students place a marker on the space that was called. The middle space is a FREE SPACE on each board. The first player to get 5 spaces in a row, wins!

Questions, comments, or suggestions? Please feel free to contact me any time. I'm here to help!

laura@musiccitycounselor.com

Calling Cards

CUDDLE WITH A PET



© Music City Counselor

**VISIT THE
CALM
CORNER**



© Music City Counselor

**PUSH ON
A WALL**



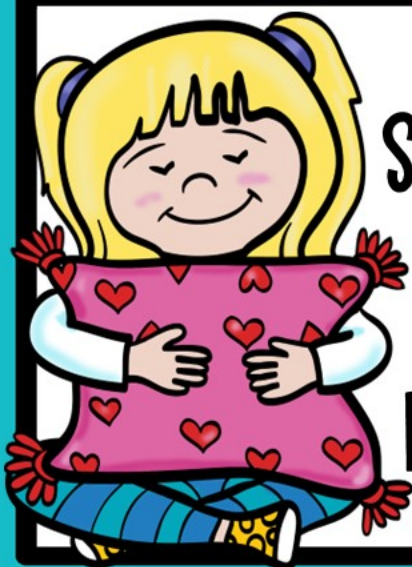
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**COUNT
TO 10**



© Music City Counselor

**SQUEEZE
A
PILLOW**



© Music City Counselor

**SQUEEZE A
FIDGET**



© Music City Counselor



HUG A
PLUSHIE

© Music City Counselor



STRETCH

© Music City Counselor



TEAR
PAPER

© Music City Counselor



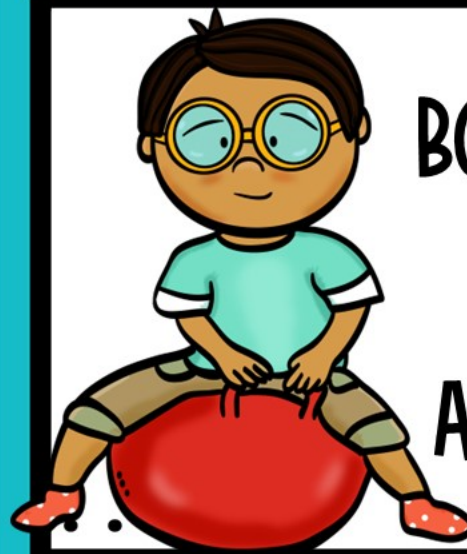
THINK HAPPY
THOUGHTS

© Music City Counselor



WRITE
OR
JOURNAL

© Music City Counselor



BOUNCE
ON
A BALL

© Music City Counselor



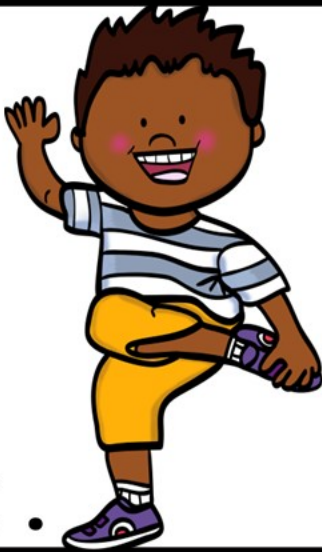
TAKE
DEEP
BREATHS

© Music City Counselor

TRY BELLY
BREATHING



© Music City Counselor



DANCE

© Music City Counselor



DRINK
WATER

© Music City Counselor



GET
FRESH
AIR

© Music City Counselor

EXERCISE



© Music City Counselor



**LISTEN
TO
MUSIC**

© Music City Counselor



**DRAW
OR
PAINT**

© Music City Counselor



**TRY
GROUNDING**

© Music City Counselor

**READ A
BOOK**



© Music City Counselor



**TAKE A
BATH**

© Music City Counselor

PRACTICE YOGA



© Music City Counselor

Bingo Boards

COPING SKILLS BINGO

CUDDLE WITH A PET



VISIT CALM CORNER



PUSH ON A WALL



COUNT TO 10



SQUEEZE A PILLOW



SQUEEZE A FIDGET



HUG A PLUSHIE



STRETCH



TEAR PAPER



THINK HAPPY THOUGHTS



WRITE OR JOURNAL



BOUNCE ON A BALL



FREE SPACE



TAKE DEEP BREATHS



DANCE



DRINK WATER



GET FRESH AIR



EXERCISE



LISTEN TO MUSIC



DRAW OR PAINT



TRY GROUNDING



READ A BOOK



TRY BELLY BREATHING



PRACTICE YOGA



TAKE A BATH



COPING SKILLS BINGO

GET FRESH AIR



TRY GROUNDING



BOUNCE ON A BALL



VISIT CALM CORNER



DRAW OR PAINT



SQUEEZE A PILLOW



COUNT TO 10



WRITE OR JOURNAL



READ A BOOK



STRETCH



DANCE



TAKE A BATH



FREE SPACE



TRY BELLY BREATHING



CUDDLE WITH A PET



THINK HAPPY THOUGHTS



LISTEN TO MUSIC



PUSH ON A WALL



SQUEEZE A FIDGET



HUG A PLUSHIE



PRACTICE YOGA



DRINK WATER



EXERCISE



TAKE DEEP BREATHS



TEAR PAPER



COPING SKILLS BINGO

GET FRESH AIR



VISIT CALM CORNER



EXERCISE



TAKE A BATH



SQUEEZE A PILLOW



COUNT TO 10



STRETCH



BOUNCE ON A BALL



LISTEN TO MUSIC



TRY BELLY BREATHING



WRITE OR JOURNAL



HUG A PLUSHIE



FREE SPACE



DRAW OR PAINT



PUSH ON A WALL



TAKE DEEP BREATHS



TRY GROUNDING



THINK HAPPY THOUGHTS



READ A BOOK



CUDDLE WITH A PET



DRINK WATER



DANCE



PRACTICE YOGA



SQUEEZE A FIDGET



TEAR PAPER



COPING SKILLS BINGO

DRINK WATER



TAKE DEEP BREATHS



GET FRESH AIR



THINK HAPPY THOUGHTS



PRACTICE YOGA



TRY GROUNDING



EXERCISE



CUDDLE WITH A PET



SQUEEZE A FIDGET



BOUNCE ON A BALL



WRITE OR JOURNAL



STRETCH



FREE SPACE



TRY BELLY BREATHING



TAKE A BATH



LISTEN TO MUSIC



VISIT CALM CORNER



SQUEEZE A PILLOW



COUNT TO 10



HUG A PLUSHIE



PUSH ON A WALL



READ A BOOK



DRAW OR PAINT



DANCE



TEAR PAPER



COPING SKILLS BINGO

THINK HAPPY THOUGHTS



PUSH ON A WALL



BOUNCE ON A BALL



LISTEN TO MUSIC



DANCE



TAKE DEEP BREATHS



TAKE A BATH



HUG A PLUSHIE



COUNT TO 10



EXERCISE



DRAW OR PAINT



SQUEEZE A FIDGET



FREE SPACE



DRINK WATER



CUDDLE WITH A PET



VISIT CALM CORNER



SQUEEZE A PILLOW



TRY GROUNDING



READ A BOOK



TRY BELLY BREATHING



PRACTICE YOGA



TEAR PAPER



GET FRESH AIR



WRITE OR JOURNAL



STRETCH



COPING SKILLS BINGO

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HUG A PLUSHIE



CUDDLE WITH A PET



DRAW OR PAINT



DANCE



PRACTICE YOGA



BOUNCE ON A BALL



SQUEEZE A PILLOW



PUSH ON A WALL



SQUEEZE A FIDGET



COUNT TO 10



FREE SPACE



VISIT CALM CORNER



EXERCISE



TAKE A BATH



TRY BELLY BREATHING



READ A BOOK



STRETCH



TRY GROUNDING



LISTEN TO MUSIC



DRINK WATER



WRITE OR JOURNAL



THINK HAPPY THOUGHTS



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DANCE



GET FRESH AIR



VISIT CALM CORNER



FREE SPACE



WRITE OR JOURNAL



EXERCISE



PRACTICE YOGA



COUNT TO 10



TRY GROUNDING



STRETCH



CUDDLE WITH A PET



TRY BELLY BREATHING



DRINK WATER



READ A BOOK



TAKE DEEP BREATHS



PUSH ON A WALL



COPING SKILLS BINGO

DRAW OR PAINT



TRY GROUNDING



THINK HAPPY THOUGHTS



TAKE DEEP BREATHS



GET FRESH AIR



READ A BOOK



EXERCISE



WRITE OR JOURNAL



BOUNCE ON A BALL



DRINK WATER



CUDDLE WITH A PET



SQUEEZE A PILLOW



FREE SPACE



STRETCH



LISTEN TO MUSIC



VISIT CALM CORNER



TEAR PAPER



SQUEEZE A FIDGET



COUNT TO 10



TAKE A BATH



DANCE



PUSH ON A WALL



HUG A PLUSHIE



PRACTICE YOGA



TRY BELLY BREATHING



COPING SKILLS BINGO

TAKE DEEP BREATHS



SQUEEZE A FIDGET



TAKE A BATH



CUDDLE WITH A PET



SQUEEZE A PILLOW



DANCE



BOUNCE ON A BALL



TRY GROUNDING



PRACTICE YOGA



TRY BELLY BREATHING



COUNT TO 10



WRITE OR JOURNAL



FREE SPACE



HUG A PLUSHIE



DRINK WATER



LISTEN TO MUSIC



EXERCISE



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GET FRESH AIR



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READ A BOOK



DRAW OR PAINT



STRETCH



VISIT CALM CORNER



COPING SKILLS BINGO

HUG A PLUSHIE



DRINK WATER



CUDDLE WITH A PET



SQUEEZE A PILLOW



TRY BELLY BREATHING



STRETCH



LISTEN TO MUSIC



PRACTICE YOGA



BOUNCE ON A BALL



TAKE A BATH



COUNT TO 10



EXERCISE



FREE SPACE



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WRITE OR JOURNAL



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COUNT TO 10



FREE SPACE



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VISIT CALM CORNER



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COUNT TO 10



STRETCH



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EXERCISE



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TEAR PAPER



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COUNT TO 10



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PUSH ON A WALL



TRY BELLY BREATHING



COPING SKILLS BINGO

STRETCH



COUNT TO 10



DRINK WATER



HUG A PLUSHIE



PRACTICE YOGA



VISIT CALM CORNER



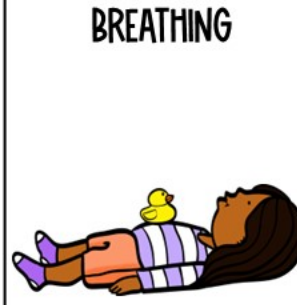
DANCE



BOUNCE ON A BALL



TRY BELLY BREATHING



READ A BOOK



SQUEEZE A FIDGET



TRY GROUNDING



FREE SPACE



GET FRESH AIR



WRITE OR JOURNAL



PUSH ON A WALL



LISTEN TO MUSIC



SQUEEZE A PILLOW



CUDDLE WITH A PET



TAKE DEEP BREATHS



TEAR PAPER



DRAW OR PAINT



EXERCISE



THINK HAPPY THOUGHTS



TAKE A BATH



COPING SKILLS BINGO

VISIT CALM CORNER



COUNT TO 10



THINK HAPPY THOUGHTS



SQUEEZE A FIDGET



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STRETCH



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DRAW OR PAINT



PRACTICE YOGA



DRINK WATER



BOUNCE ON A BALL



PUSH ON A WALL



DANCE



COPING SKILLS BINGO

SQUEEZE A FIDGET



TAKE A BATH



COUNT TO 10



BOUNCE ON A BALL



PUSH ON A WALL



DRINK WATER



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BOUNCE ON A BALL



DRAW OR PAINT



COUNT TO 10



VISIT CALM CORNER



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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