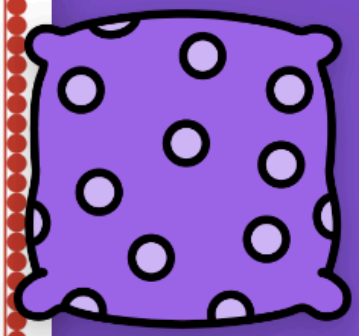
Bright Path Sped

30 CARDS

30 BOARDS





# COPING SKILLS BINGO

PICTURE AND WORD SQUARES, GRADES K TO 5

# Coping Skills Bingo

30 ideas  30 boards  30 calling cards  color and ink saver

## What's inside



- **30 calling cards** (pages 7-11), 6 to a page and big: one picture and the idea in words
- **30 boards** (pages 12-41), 5 by 5, a picture and words in every square and a FREE space in the middle; the same 30 in black and white (pages 48-77) with black-and-white cards (pages 43-47)
- Idea list (page 3), call sheet with three orders (page 4), worked example (page 5), student page (page 6), type-in boards (pages 42 and 78), blank markers (page 79), note home (page 80)

## Set up

Print one board per player and the calling-card pages. Cut the cards apart on the dashed lines (straight cuts only). Print the blank markers page or use counters, beans or dot markers. Laminate the boards to use them again.

## How to play

1. Give each player a board and markers. The caller shuffles the cards or follows an order on the call sheet.
2. The caller turns a card, shows the picture and reads the idea: "Squeeze a pillow." Players say it back.
3. A player who has that picture covers it. The FREE space counts as covered from the start. The caller ticks the idea on the call sheet.
4. A row, a column, a diagonal or the four corners wins. The winner calls Bingo and reads the covered squares; check them on the call sheet. Play for a full board when there is time.

## Three ways to level it

- **Starting**: show the card and read it; players find the matching picture on their board.
- **Building**: read the idea without showing the card; players find the words and check them with the picture.
- **Ready for more**: after each call, ask "When could you try this?" and take one or two answers before the next card.

## About the ideas

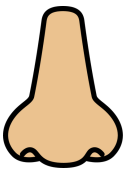
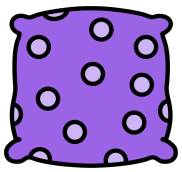
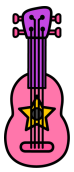
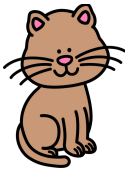
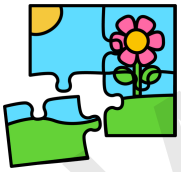
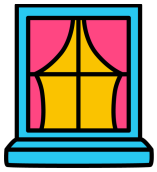
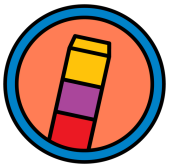
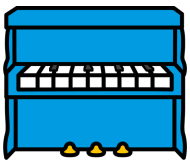
These are everyday things a child can do, shown as a game for practice and talking. It is not a program and it does not replace the supports a student's team plans. Add or swap ideas on the type-in boards (pages 42 and 78).

PREVIEW

Preview - Bright Path Shed

# My name _____

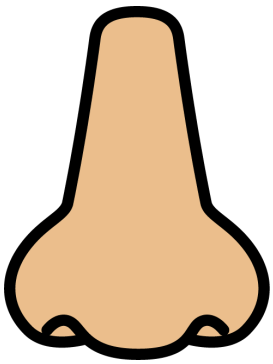
## Color the box if it helps you.

| | | | | | |
|---|---|---|---|---|---|
|  take deep breaths ☐ |  squeeze a pillow ☐ |  count to ten ☐ |  draw a picture ☐ |  listen to music ☐ |  fly a kite ☐ |
|  hug a teddy bear ☐ |  read a book ☐ |  pet a cat ☐ |  squish some dough ☐ |  do a puzzle ☐ |  bounce a ball ☐ |
|  ride a bike ☐ |  jump rope ☐ |  play at the park ☐ |  pet a dog ☐ |  ask for a break ☐ |  talk to a friend ☐ |
|  drink some water ☐ |  visit the calm corner ☐ |  take a rest ☐ |  look out a window ☐ |  paint a picture ☐ |  write in a journal ☐ |
|  stack some cubes ☐ |  ask for a hug ☐ |  think happy thoughts ☐ |  say “I can do it” ☐ |  picture a happy place ☐ |  play an instrument ☐ |

PREVIEW

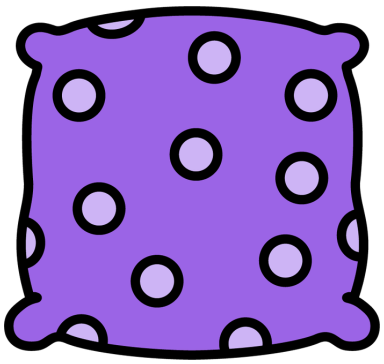
**Cut on the dashed lines.**

1



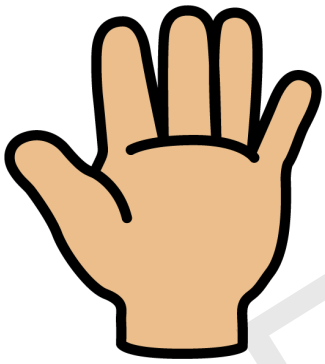
take deep breaths

2



squeeze a pillow

3



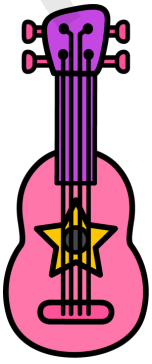
count to ten

4



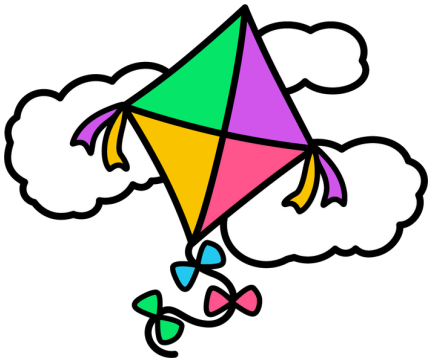
draw a picture

5



listen to music

6

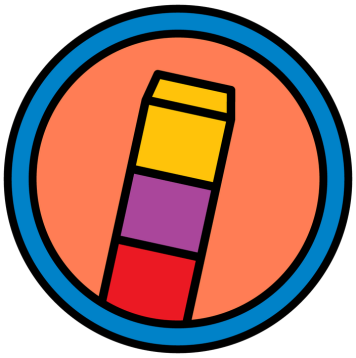


fly a kite

PREVIEW

**Cut on the dashed lines.**

25



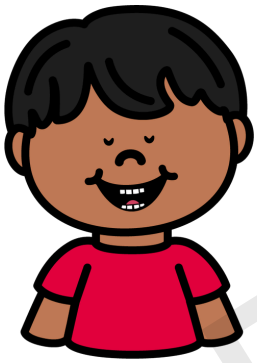
stack some cubes

26



ask for a hug

27



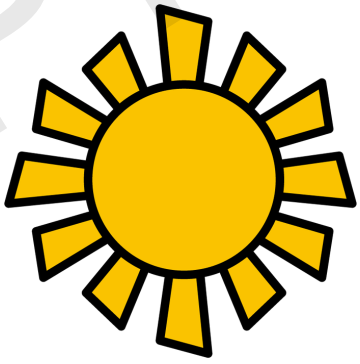
think happy thoughts

28



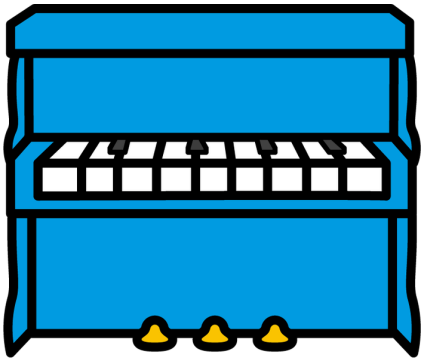
say “I can do it”

29



picture a happy place

30



play an instrument

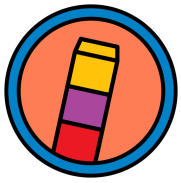
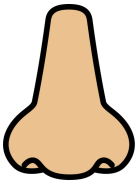
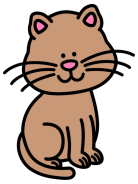
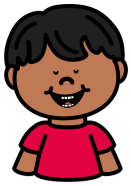
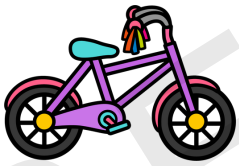
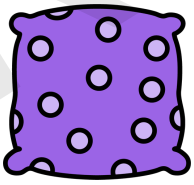
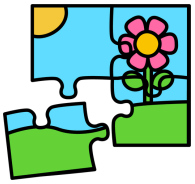
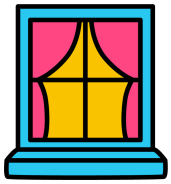
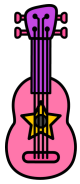
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  stack some cubes |  read a book |  take deep breaths |  paint a picture |  pet a cat |
|  play at the park |  picture a happy place |  ask for a break |  ask for a hug |  say “I can do it” |
|  think happy thoughts |  ride a bike | FREE |  visit the calm corner |  write in a journal |
|  take a rest |  squeeze a pillow |  hug a teddy bear |  talk to a friend |  jump rope |
|  do a puzzle |  look out a window |  count to ten |  listen to music |  pet a dog |

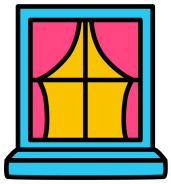
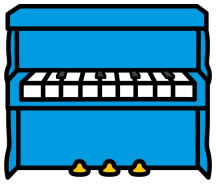
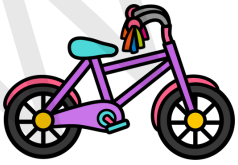
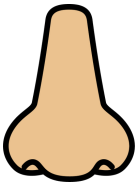
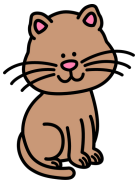
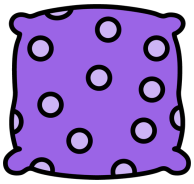
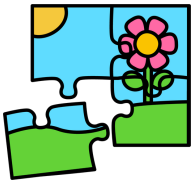
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  look out a window |  pet a dog |  say “I can do it” |  draw a picture |  play an instrument |
|  drink some water |  visit the calm corner |  bounce a ball |  stack some cubes |  ride a bike |
|  talk to a friend |  read a book |  FREE |  take deep breaths |  write in a journal |
|  think happy thoughts |  jump rope |  ask for a hug |  pet a cat |  play at the park |
|  count to ten |  squeeze a pillow |  take a rest |  do a puzzle |  hug a teddy bear |

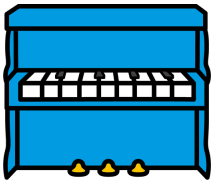
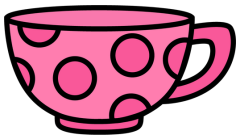
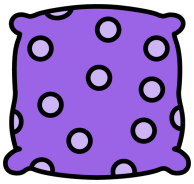
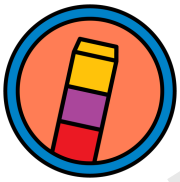
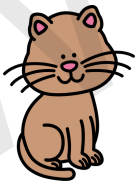
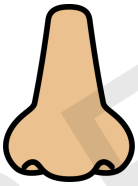
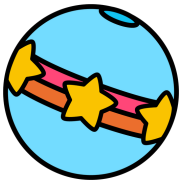
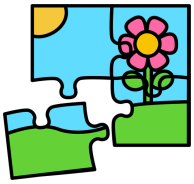
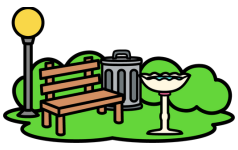
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  ride a bike |  play an instrument |  drink some water |  write in a journal |  squeeze a pillow |
|  read a book |  squish some dough |  stack some cubes |  look out a window |  pet a cat |
|  paint a picture |  take deep breaths | FREE |  say “I can do it” |  picture a happy place |
|  jump rope |  think happy thoughts |  bounce a ball |  pet a dog |  ask for a break |
|  talk to a friend |  do a puzzle |  fly a kite |  play at the park |  draw a picture |

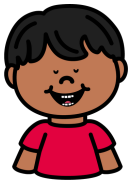
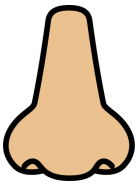
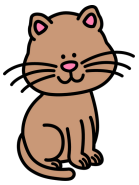
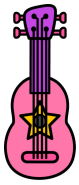
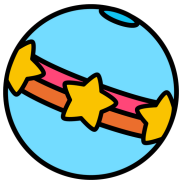
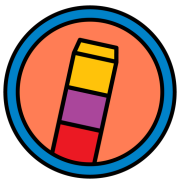
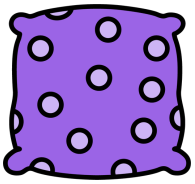
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  count to ten |  write in a journal |  take a rest |  think happy thoughts |  visit the calm corner |
|  take deep breaths |  pet a cat |  talk to a friend |  squish some dough |  jump rope |
|  pet a dog |  play at the park |  FREE |  ask for a break |  hug a teddy bear |
|  fly a kite |  picture a happy place |  listen to music |  ride a bike |  draw a picture |
|  read a book |  bounce a ball |  stack some cubes |  say “I can do it” |  squeeze a pillow |

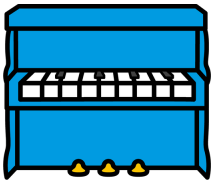
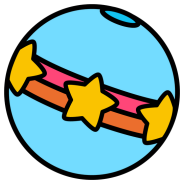
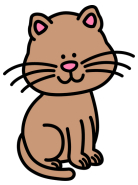
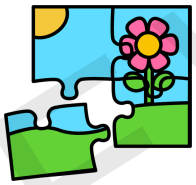
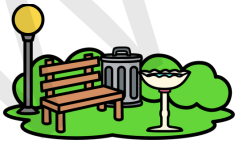
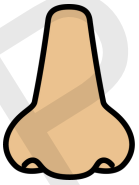
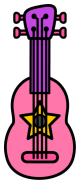
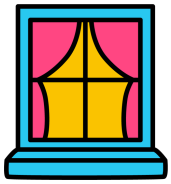
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  talk to a friend |  play an instrument |  hug a teddy bear |  bounce a ball |  fly a kite |
|  pet a cat |  pet a dog |  write in a journal |  do a puzzle |  play at the park |
|  draw a picture |  count to ten |  FREE |  jump rope |  drink some water |
|  take deep breaths |  ask for a break |  listen to music |  say “I can do it” |  read a book |
|  take a rest |  look out a window |  paint a picture |  squish some dough |  ask for a hug |

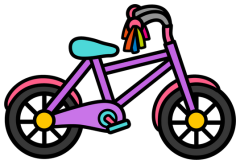
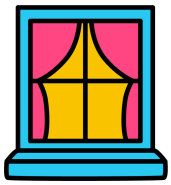
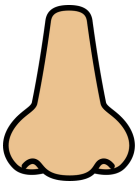
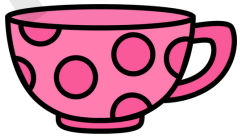
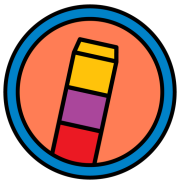
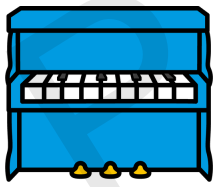
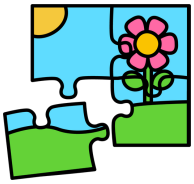
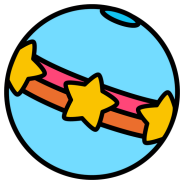
PREVIEW

Preview - Bright Path Shed

My name _____

Listen. Cover the match.

# B I N G O

| | | | | |
|---|---|---|---|---|
|  draw a picture |  ask for a break |  play at the park |  jump rope |  read a book |
|  ride a bike |  look out a window |  take deep breaths |  listen to music |  think happy thoughts |
|  visit the calm corner |  hug a teddy bear |  FREE |  drink some water |  stack some cubes |
|  play an instrument |  say “I can do it” |  take a rest |  squish some dough |  pet a dog |
|  do a puzzle |  talk to a friend |  ask for a hug |  fly a kite |  bounce a ball |

PREVIEW

Preview - Bright Path Shed

My name _____

Write your own ideas.

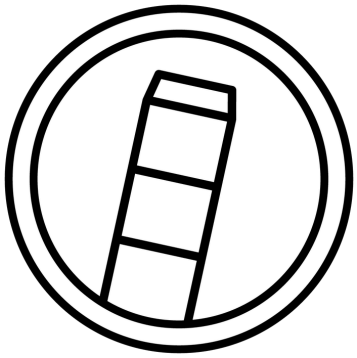
# B I N G O




PREVIEW

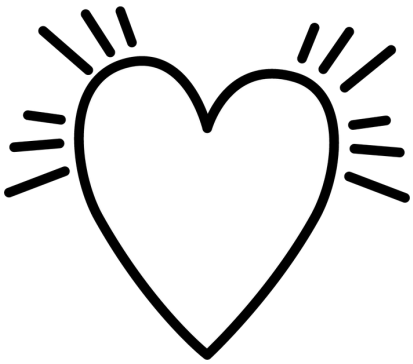
**Cut on the dashed lines.**

25



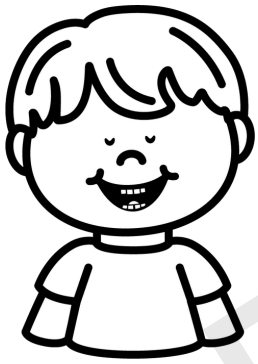
**stack some cubes**

26



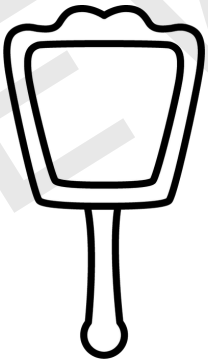
**ask for a hug**

27



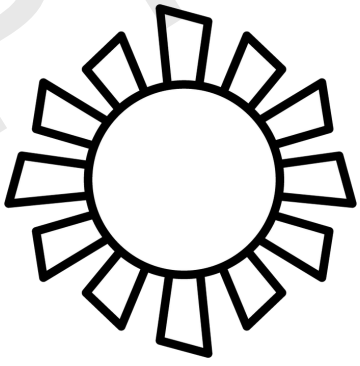
**think happy thoughts**

28



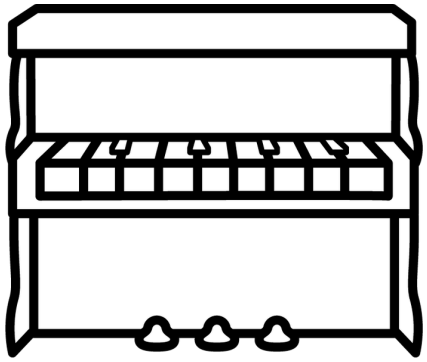
**say “I can do it”**

29



**picture a happy place**

30



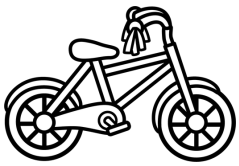
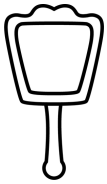
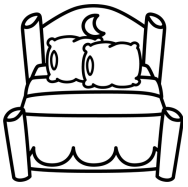
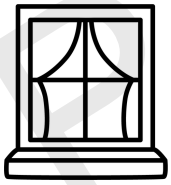
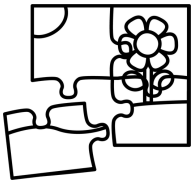
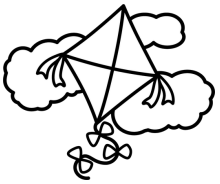
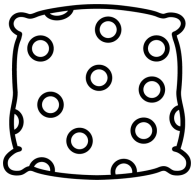
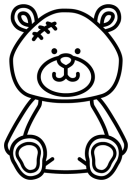
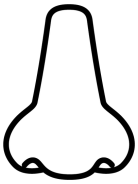
**play an instrument**

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

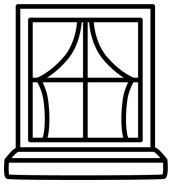
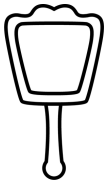
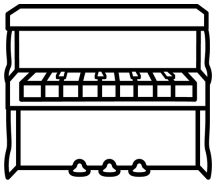
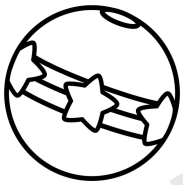
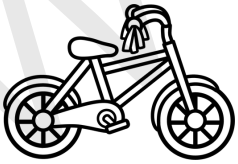
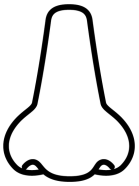
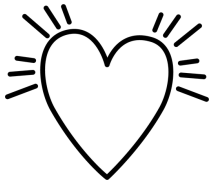
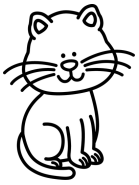
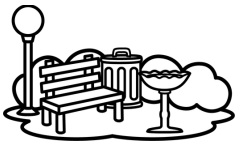
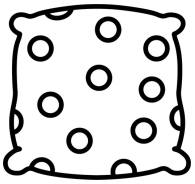
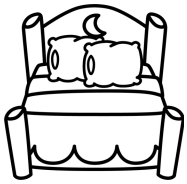
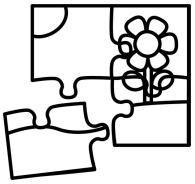
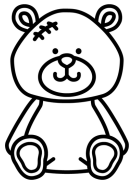
| | | | | |
|---|---|---|---|---|
|  play at the park |  ride a bike |  count to ten |  ask for a break |  say “I can do it” |
|  talk to a friend |  read a book |  squish some dough |  write in a journal |  pet a cat |
|  think happy thoughts |  paint a picture |  FREE |  visit the calm corner |  take a rest |
|  look out a window |  drink some water |  do a puzzle |  draw a picture |  jump rope |
|  fly a kite |  squeeze a pillow |  hug a teddy bear |  take deep breaths |  listen to music |

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

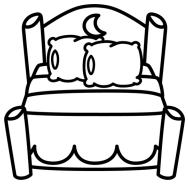
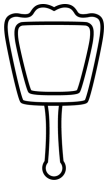
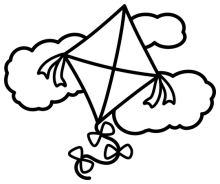
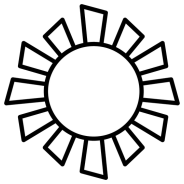
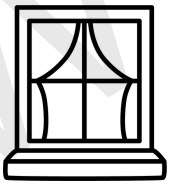
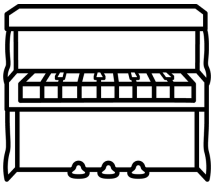
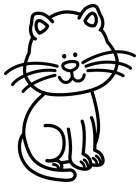
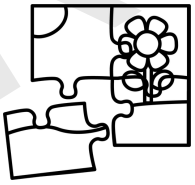
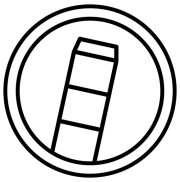
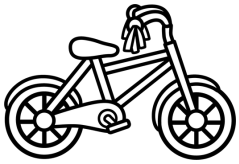
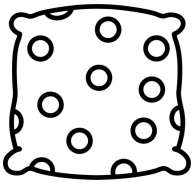
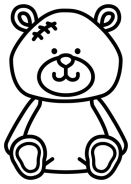
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|---|---|---|---|---|
|  look out a window |  pet a dog |  say “I can do it” |  draw a picture |  play an instrument |
|  drink some water |  visit the calm corner |  bounce a ball |  stack some cubes |  ride a bike |
|  talk to a friend |  read a book |   |  take deep breaths |  write in a journal |
|  think happy thoughts |  jump rope |  ask for a hug |  pet a cat |  play at the park |
|  count to ten |  squeeze a pillow |  take a rest |  do a puzzle |  hug a teddy bear |

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

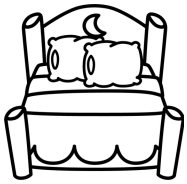
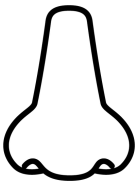
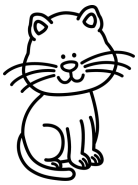
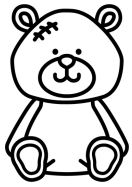
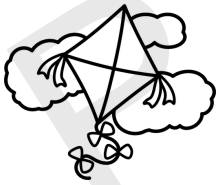
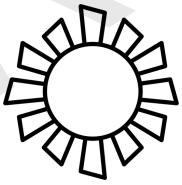
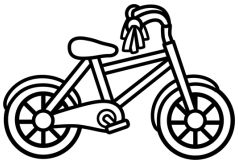
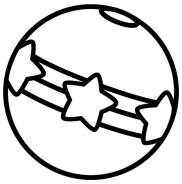
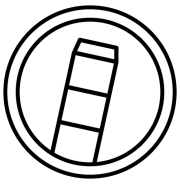
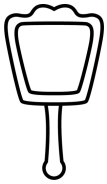
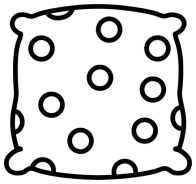
| | | | | |
|---|---|---|---|---|
|  take a rest |  squish some dough |  say “I can do it” |  fly a kite |  picture a happy place |
|  think happy thoughts |  drink some water |  talk to a friend |  draw a picture |  look out a window |
|  play an instrument |  write in a journal |   |  pet a cat |  paint a picture |
|  ask for a hug |  do a puzzle |  jump rope |  listen to music |  stack some cubes |
|  pet a dog |  ride a bike |  squeeze a pillow |  hug a teddy bear |  visit the calm corner |

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

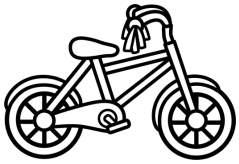
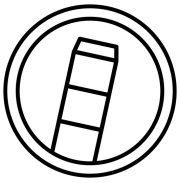
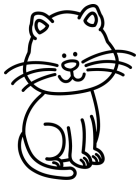
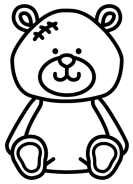
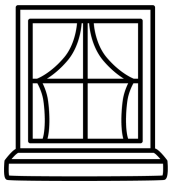
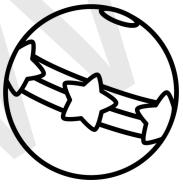
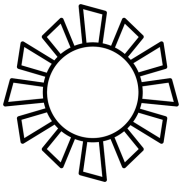
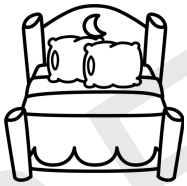
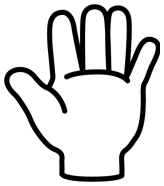
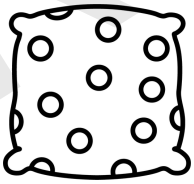
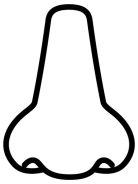
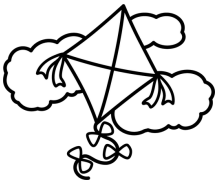
| | | | | |
|---|---|---|---|---|
|  count to ten |  write in a journal |  take a rest |  think happy thoughts |  visit the calm corner |
|  take deep breaths |  pet a cat |  talk to a friend |  squish some dough |  jump rope |
|  pet a dog |  play at the park |   |  ask for a break |  hug a teddy bear |
|  fly a kite |  picture a happy place |  listen to music |  ride a bike |  draw a picture |
|  read a book |  bounce a ball |  stack some cubes |  say “I can do it” |  squeeze a pillow |

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

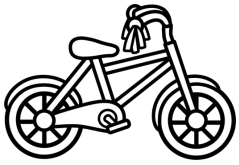
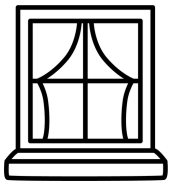
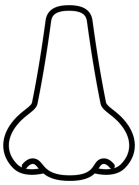
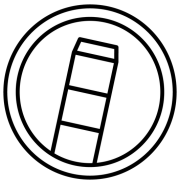
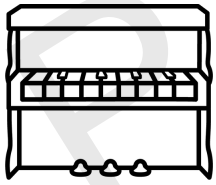
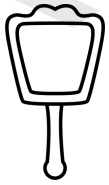
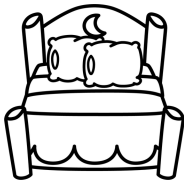
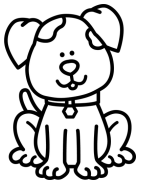
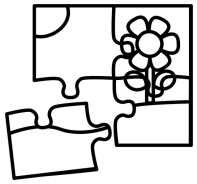
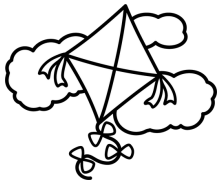
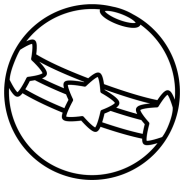
| | | | | |
|---|---|---|---|---|
|  squish some dough |  ride a bike |  stack some cubes |  pet a cat |  hug a teddy bear |
|  talk to a friend |  look out a window |  write in a journal |  draw a picture |  bounce a ball |
|  picture a happy place |  take a rest |  FREE |  play at the park |  count to ten |
|  paint a picture |  squeeze a pillow |  ask for a hug |  drink some water |  think happy thoughts |
|  visit the calm corner |  take deep breaths |  listen to music |  ask for a break |  fly a kite |

PREVIEW

My name _____

Listen. Cover the match.

# B I N G O

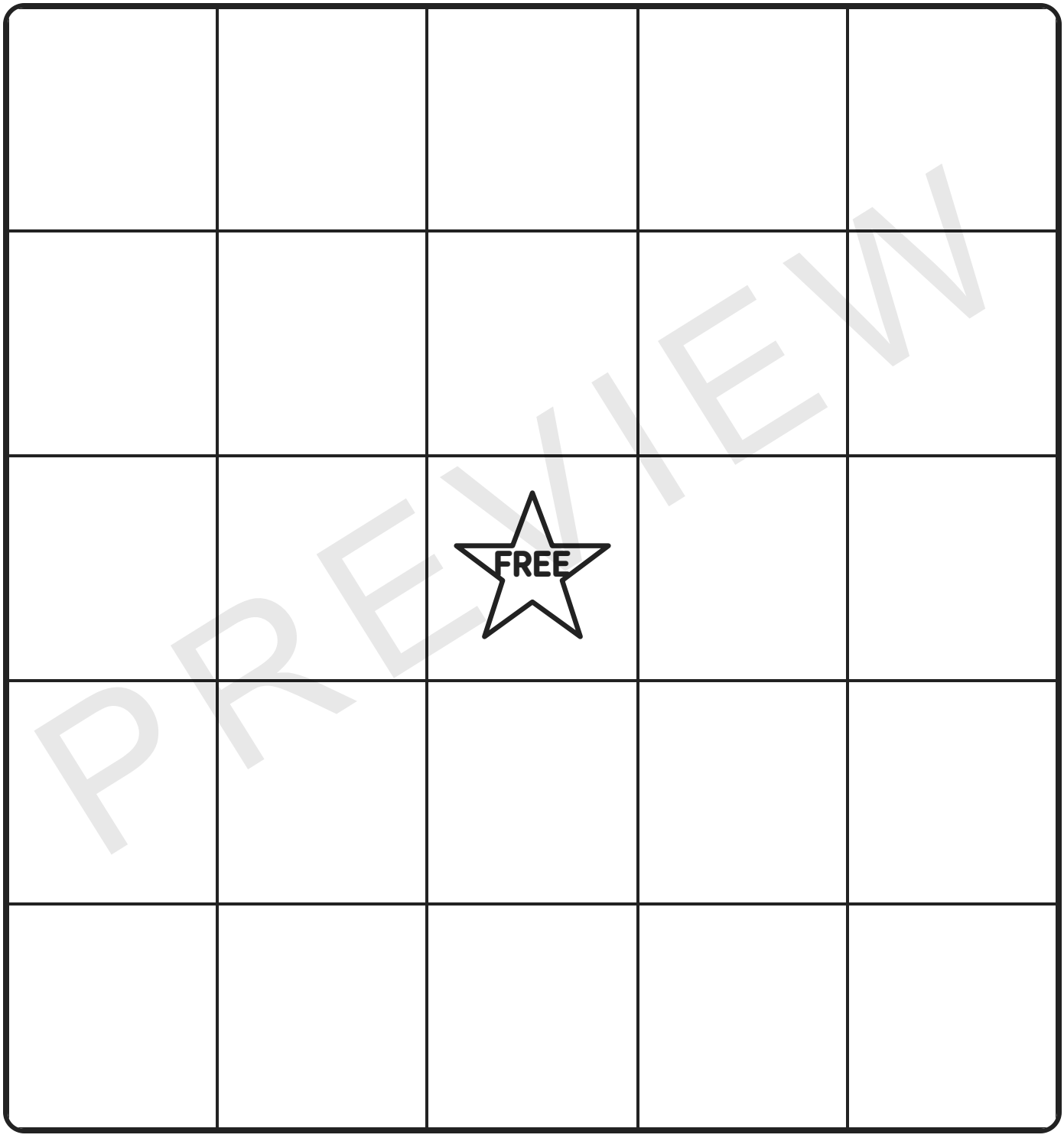
| | | | | |
|---|---|---|---|---|
|  draw a picture |  ask for a break |  play at the park |  jump rope |  read a book |
|  ride a bike |  look out a window |  take deep breaths |  listen to music |  think happy thoughts |
|  visit the calm corner |  hug a teddy bear |   |  drink some water |  stack some cubes |
|  play an instrument |  say “I can do it” |  take a rest |  squish some dough |  pet a dog |
|  do a puzzle |  talk to a friend |  ask for a hug |  fly a kite |  bounce a ball |

PREVIEW

My name _____

Write your own ideas.

# B I N G O




PREVIEW