

Coping skills bingo

30 mins

KS 1/2

A game which shows children the things they can do to cope with how they are feeling. This activity follows on nicely from 'A huge bag of worries' revealing what they can do to make their worries diminish.

What you will need

Bingo cards
Coping skills list
Blank bingo cards for add on activity

Method

- Discuss with the class situations which might cause them to worry e.g. exams.
- Discuss what they could do if they are feeling this way.
- Give a bingo card to every child.
- Explain that there are six things on each card that they could choose to do to make them feel better.
- Play bingo as usual by reading out the coping skills and let the children mark them off.
- The first child to mark all of them off wins.
- An add-on to this activity is to give each child a blank bingo card sheet and let them write down which six things they find helpful or make them feel better.
- You can either continue to play bingo using their personal ideas or they can take this sheet home with them or keep in their drawers/book bags as a reminder.
(Tip : laminate the sheets)
- Finish the activity with an upbeat identification of things you can now do to be positive and manage difficult feelings. Remind the class that this is not the same as ignoring difficult feelings or pretending not to have them.

