

Coping Bingo

Recommended Age: 12+

Goals

- To identify existing coping techniques in the room.
- To build a connection between hobbies, art, sports, etc. for coping and mental wellness.

Have Ready

- Bingo cards.

Instructions

- Hand out bingo cards.
- Explain that everyone will move around the room and find people who do the things listed in the squares.
- Get them to sign their name in the square if it applies to them.
- You can only get someone to sign your sheet once.
- Once you have a full (line, 2 lines, etc.), yell 'BINGO.'

Debrief

- **Hobbies, sports, art, and connection to friends, family, and community are all part of caring for our mental health.**
- **The activities on these cards build up our confidence, connect us to our cultures, and our communities.** Some of these things bring us laughter or a needed distraction. Other things on these cards offer a chance for connection or to reflect on what is going on. These are all things that strengthen our mental health and help protect us during life's challenging moments.
- Ideally, we do both reflective and engaging activities, as well as distancing or distracting activities, when dealing with difficult or stressful times. We don't only want to reflect on our hard time because that can be exhausting, but if we only distract from our problems, then we may not work through our feelings. This is why we need both.

BINGO

Go fishing	Ask Grandparents about their childhood	 Be affectionate with someone	Sit by the river	Play in the snow
 Smudge	Spend time with Elders	Ask for help from someone you trust	Play sports	 Nap
Draw or doodle	Breathe deeply three times in a row	 FREE SQUARE	Play with animals	Look after siblings/little kids
Speak a language other than English	 Listen or make music	Journal your thoughts	Laugh so much you cry	Believe a compliment about yourself
Play video games	Go for a bike ride	Spend time in nature	Go to ceremonies	 cook or bake

Here's what you do:

1. Walk around the room & find people who have or would use the above ways to cope.
2. Get them to sign the square if it applies to them.
3. You can only get someone to sign your sheet once, so get moving around the room and talk to different people.
4. Once you have a full line across or down, yell "BINGO." Claim the prizes!
5. If that was too easy, see if you can fill all your squares today. Good luck!