

Lesson Plan: Coping Skills Bingo

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Activity: Coping Skills Bingo

Grade(s): 6th – 8th

ASCA Mindsets & Behaviors (Domain/Standard):

Social Domain,

M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being.

B-SMS 2: Demonstrate self-discipline and self-control,

B-SMS 6: Demonstrate ability to overcome barriers to learning,

B-SMS 7: Demonstrate effective coping skills when faced with a problem,

Learning Objective(s) (aligns with competency):

1. Students will be able to identify positive vs. negative coping skills.
2. Students will be able to apply healthy coping skills learned in the lesson when faced with a difficulty.
3. Students will be able to determine which coping skills best suit them

Materials: PowerPoint Introduction/Computer/USB (Optional), Coping Skills Bingo Sheets, Coping Skills handout.

Students will need a writing utensil (pen/pencil/marker).

Procedure:

1. Instruct students to clear their desks except for a writing utensil
2. Provide each student with a pre-test/post-test handout, one Coping Skills Bingo Card, and one coping skills handout.
3. Ask the students to answer the two pre-test questions; pass around the sign-in sheet while this is being done.
4. Introduce the lesson topic with a brief presentation defining coping skills, triggers, and assessing students' familiarity.
5. Begin the game of Coping Skills Bingo. Explain that the first person to get Bingo will get a piece of candy of their choice. For each skill called, ask for a student to share what the skill is, for what situation it would be useful, and where it could be done.
6. Give a piece of candy to the first student to get Bingo.
7. Review any skills that were not discussed or may be unfamiliar (5-4-3-2-1 exercise, etc.)
8. Have students complete the post-test and collect those worksheets. Based on timing, gauge whether students would like to do another round.

Plan for Evaluation: How will each of the following be collected?

Process Data: Sign-in sheet

Perception Data: Pre-Test/Post-Test

Outcome Data: Number of self-harm referrals? Number of self-harm referrals will decrease by 25% within two months after the lesson.

Follow Up: Coping Skills Lesson #2 (Self-Care Plans)

Talking Points for Different Coping Skills

Take deep breaths: To help slow yourself down, try 4-7-8 breathing. Breathe in for four seconds, hold it for 7 seconds, and breathe out for 8 seconds.

Watch a funny YouTube video: Do this at home or at lunch. It's a fun distraction and can help you calm down. Don't do it during class

Practice yoga: Yoga combines breathing, stretching, meditation, and focusing on the present moment, which makes it very relaxing and can help you get out of your own head.

Stand up and stretch: Sitting down for too long can make our bodies feel sluggish. Standing up and stretching can help wake your body up and feel less sluggish.

Take a walk: When the weather's nice, you can do a walk outside. It helps you clear your mind and separates you from whatever triggered the emotion. If the weather's not nice, you can still take a walk in the hall or to the bathroom (if you get permission).

Write in a journal: Writing down what's going through your head can help you dig into why that thing bothered you or what exactly you're feeling. If you know what you're feeling and it's upsetting, you can even rip up the paper when you're done.

Draw or scribble how you're feeling: You don't have to be an artist. This one's all about getting that feeling out in a healthy way. If you're angry, scribble and take it out on the paper and pencil. You can use drawing to distract yourself too.

Meditate: There are lots of YouTube videos and apps of guided meditations and they're all just a search away. For apps, there's Headspace, Calm, and just about a billion other ways your phone can guide your meditation. Or you can just set a timer and sit in silence until the timer goes off.

Listen to music: This is a way to distract yourself, we all know good music can do wonders. Not during class.

Go outside: Taking a few minutes to just step away can really help. If the sun's out, that by itself can make you start to feel better because sunlight and fresh air are good for humans.

Say something kind to yourself: We live in a world where there are so many negative and hurtful messages out there, and sometimes our biggest critic is ourselves. Take a minute to say something you like about yourself – you're not being conceited, you're just being nice to yourself, which is important because you're going to spend the rest of your life being you, so you may as well take care of yourself and be kind to yourself.

Talk to a friend: Sometimes saying what's bothering you out loud and being heard can be healing. Think through which friend you talk to about your problems – talk to a friend who is trustworthy and has your back no matter what, a friend who won't talk about you behind your back but will listen and care about what you have to say.

Talk to a trusted adult: Your parents, teachers, coaches, school staff members, and counselors all care about you. They're great to talk to when the problem feels like something that's bigger than what you or a friend could handle on your own. Your school counselors are here to give you that support, so if you want to hurt yourself, come talk to us and we can use these positive coping skills instead.

Snap a rubber band on your wrist: This could be used in different ways. If you tend to think negatively, you can use a rubber band to try to train yourself to think more positively. When a negative thought comes to mind, you snap the rubber band on your wrist, and your brain starts associating negative thoughts with pain and won't want to think them. Snapping a rubber band can also be a substitute for cutting – it gives you that

- Train yourself to think positively
- Substitute for cutting

Sleep: Sleep is like the ultimate reset button. It can help you recharge and feel better for the next day or just bring a bad day to a close. It's good for you both physically and mentally, so never shortchange your sleep. Aim for 9 – 10 hours of sleep every night.

Read: Reading can be another way to distract you. It's also an excuse to step away from our phones because while phones, computers, and technology are awesome, they can also bring us a lot of stress. With constant messages and notifications, we feel like we always have to be 'on' and responding. Reading lets you take a few minutes to set the phone aside, step away, and go experience the world inside the book.

Rip up a piece of paper: If you're feeling stressed or angry, this is an easy way to channel those feelings without hurting anything or anyone else.

5-4-3-2-1 exercise: This is a type of grounding and is great for if you're feeling anxious.

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Other types of grounding are counting backwards from 100 by 7s and counting how many items you can find in the room of a certain color like orange

Tense and relax your muscles: A fancy term for this is 'progressive muscle relaxation' and it can be done in a few ways. One way is by figuring out where in your body you're feeling the most tense – maybe it's your shoulders or your hands – you then squeeze that muscle for 30 seconds as tight as you can. After 30 seconds, you relax and the tension is gone. Another way to do this is by going through your body and tensing each muscle, one at a time for 30 seconds, working your way up from your feet to your head and shoulders.

Go on a run: If you like exercising, you can put all the things you're feeling into that run and it feels productive because your body is moving forward while you're channeling those feelings into your exercise

Cry: Emotions demand to be felt. Crying when you're feeling sad or upset is a million times better than bottling it up. When you ignore a feeling, they start to build up and it's not healthy for you because they have to come out eventually. It's healthier to feel sad in the moment than to push it aside and explode a few weeks down the road.

Clean something: Cleaning the space around you can help you feel calmer. If you're already feeling stressed out and everything around you is a mess, that makes you feel even more stressed. When you start to clean up the space around you, it can help your brain feel calmer too.

Squeeze a stress ball: Stress balls were literally designed for you to channel your feelings into them.

Scream: If you don't want people to hear, just scream into a pillow – you'll feel like you just screamed, but no one else will hear it because the pillow muffles the sound.

Name the feeling: If you take the time to pause and figure out exactly what emotion you're feeling, it's easier for you to problem solve about what to do about it and how to move forward.

Ask for help: Sometimes problems are a lot bigger than us. Asking for help is great. Your counselors, friends, teachers, family members are all happy to help you when life gets overwhelming.

Drink tea: Since tea is a warm drink that psychologically can help you start to feel better. It also tends to be calming (as long as it doesn't have caffeine in it). If you don't like tea, try hot chocolate

Squeeze ice: This one's another alternative if someone were feeling the desire to cut. When you squeeze