



Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



Funded by the Montgomery County Office of Drug & Alcohol

Aldersgate's Awesome Activities Edition 4: Coping Skills Bingo



We are living through an unprecedented time, and we are all feeling stress and anxiety.

Aldersgate Youth Services Bureau is committed to helping families manage these complex times. Located in Willow Grove, PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention & intervention services, and school-based social and emotional learning educational programming. Aldersgate also provides Student Assistance Programming (SAP) in schools throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering fun and engaging activities and useful resources to build positive family communication, help children recognize and name emotions, and identify appropriate coping strategies.

May is Mental Health Awareness Month, so it's the perfect time to talk about emotions with your children. We've created a game that will help you and your children identify effective coping strategies. Children can easily be overwhelmed by their strong feelings, and may not know how to process what they are feeling. This can lead to tantrums, acting out, self-isolation, and other unwanted behaviors. When children can effectively identify and utilize coping strategies, they are able to self-regulate their emotions and calm down, so they can then talk about their strong feelings with someone they trust. As children grow up, if they do not learn how to deal with their feelings appropriately, they may develop unhealthy coping strategies such as

overeating, drug or alcohol use, or other high-risk behaviors.

This can be used as a traditional Bingo game, or simply as a starting point for discussion about individual coping strategies.

COPING SKILLS BINGO

Hug a family member 	Name your feeling 	Write a letter 	Take deep breaths 	Read 
Yoga 	Watch funny videos 	Talk to someone you trust 	Sing 	Give yourself a hug 
Take a shower 	Lay down in your bed 	Mindfulness/ Meditation 	Create something 	Use an "I-Feel" message 
Draw 	Scream into a pillow 	Listen to music 	Use positive self talk 	Go for a walk 
Ride your bike 	Exercise 	Wrap yourself in a cozy blanket 	Play with a pet 	Write in a gratitude journal 

Created by Aldersgate Youth Services Bureau

To use as a Bingo game:

- Print out 2 copies of the sheet and cut the square pieces out of one. These will become the card pieces that you can use to call out.
- Players will mark their board when they hear you call out the matching strategy. They win when they get any line (up, down, left, right, diagonally) just like traditional BINGO.

Kids can also use the cards as a matching game or to mark off when they have used a skill in their everyday life. Try offering a prize or special treat when they have completed a line of Bingo! We encourage you to use these coping skills as a guide and work with your child to create skills that work for them!

Laura Shapella, M.Ed.
Aldersgate SAP Counselor/Liaison

Other resources for Mental Health Awareness Month:

NAMI National Association on Mental Illness www.nami.org

Access Crisis: 1-855-634-HOPE (4673)

SAMHSA: www.samhsa.gov

Veterans Crisis Line: 1-800-273-8255

Suicide Prevention Hotline: 1-800-273-8255

Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ info@aldersgateservices.org. If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Contact us for more resources:

Deborah Sapin-Feldstein, Executive Director

42 N. York Road, Willow Grove, PA 19090

Phone: 215-657-4545

Email: info@aldersgateservices.org

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