

# Be a Youth First Family

*Resources from Youth First Social Workers and Programs  
for parents and caregivers to use in the home.*

## Practice Self-Care

### Coping Skills Bingo

**Download or draw your own bingo card. In each square, write a coping skill that could be used when times are stressful. Here are some examples of coping skills:**

- Listen to music
- Talk to someone
- Write
- Take 10 deep breaths
- Watch a movie
- Use a stressball
- Clean
- Read
- Say positive affirmations
- Paint or draw
- Laugh
- Exercise
- Dance

**See the following page for an example.**



#### **About Youth First, Inc.:**

*Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.*

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### Coping Skills Bingo

A hand-drawn Coping Skills Bingo card on a piece of paper. The card features a decorative banner at the top and a grid of 25 squares (5 rows by 5 columns). The word "BINGO" is written in large, bold letters across the top of the grid. Each square contains a different self-care activity written in various colors. The center square (row 3, column 3) is marked "FREE SPACE" and is enclosed in a double-line border. The card is decorated with a banner at the top and a striped border at the bottom.

BINGO				
Listen to music	Talk to someone	WRITE	Take 10 deep breaths	Watch a movie
Use a stressball	clean	Read	Drink water	say positive affirmations
paint or draw	go outside	FREE SPACE	Hang out with friends	go for a walk
Laugh	Exercise	Bake/cook	Eat healthy	Dance
get away from the problem	get a snack	play with pet	Take a bath or shower	ASK FOR HELP