

B	I	N	G	O
Think Before You Act	Admit You Are Angry	Find A Good Distraction	Remain Calm	Listen to music
Don't hold a grudge	Take a Timeout	Play With Pets	Apologize	Relax Your Body
Squeeze something	Think Before You Speak	FREE SPACE!	Count to 10 50 or 100	Go to your safe place
It's okay to be angry	Scream Into Your Pillow	Know the warning signs	Focus on your breathing	Move Your Body
Find A Solution	Cry	Practice Listening	Think of something positive	Draw Your Feelings

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Think Before You Speak	Apologize	Remain Calm	Don't hold a grudge	Play With Pets
Find A Good Distraction	Think of something positive	Listen to music	Cry	Relax Your Body
It's okay to be angry	Count to 10 50 or 100	FREE SPACE!	Go to your safe place	Admit You Are Angry
Focus on your breathing	Practice Listening	Think Before You Act	Draw Your Feelings	Scream Into Your Pillow
Know the warning signs	Move Your Body	Squeeze something	Take a Timeout	Find A Solution

B	I	N	G	O
Cry	Practice Listening	Apologize	Move Your Body	Count to 10 50 or 100
Think Before You Act	It's okay to be angry	Know the warning signs	Take a Timeout	Listen to music
Squeeze something	Draw Your Feelings	FREE SPACE!	Scream Into Your Pillow	Focus on your breathing
Think Before You Speak	Relax Your Body	Remain Calm	Think of something positive	Find A Good Distraction
Go to your safe place	Admit You Are Angry	Play With Pets	Don't hold a grudge	Find A Solution