

B	I	N	G	O
TALK TO SOMEONE	AMYGDAL A	EXERCIS E	RACING/PERSISTENT THOUGHTS	MEDITATION
DIZZY/SWEATY	STRESS BALL/SQUISHY	NAUSEA/VOMITING	ANXIETY	PROGRESSIVE MUSCLE RELAXATION
REFRAME NEGATIVE THOUGHTS	VISUALIZATION	IT'S A FREE SPACE Y'ALL	BRAIN FREEZE	HEADAC HE
HEALTHY FOOD/ENOUGH SLEEP	RAPID HEART RATE	HEART RACING	GROUNDIN G	MUSIC
FIGHT/FLIGHT/ FREEZE	BREATHING	POSITIVE SELF TALK	YOGA	EVALUATE NEGATIVE THOUGHTS

B	I	N	G	O
VISUALIZATION	ANXIETY	RACING/PERSISTENT THOUGHTS	DIZZY/SWEATY	NAUSEA/VOMITING
EXERCISE	YOGA	MEDITATION	BREATHING	PROGRESSIVE MUSCLE RELAXATION
HEALTHY FOOD/ENOUGH SLEEP	BRAIN FREEZE	IT'S A FREE SPACE Y'ALL	HEADACHE	AMYGDALA
GROUNDING	POSITIVE SELF TALK	TALK TO SOMEONE	EVALUATE NEGATIVE THOUGHTS	RAPID HEART RATE
HEART RACING	MUSIC	REFRAME NEGATIVE THOUGHTS	STRESS BALL/SQUISHY	FIGHT/FLIGHT/ FREEZE

B	I	N	G	O
BREATHING	POSITIVE SELF TALK	ANXIETY	MUSIC	BRAIN FREEZE
TALK TO SOMEONE	HEALTHY FOOD/ENOUGH SLEEP	HEART RACING	STRESS BALL/SQUISHY	MEDITATION
REFRAME NEGATIVE THOUGHTS	EVALUATE NEGATIVE THOUGHTS	IT'S A FREE SPACE Y'ALL	RAPID HEART RATE	GROUNDIN G
VISUALIZATION	PROGRESSIVE MUSCLE RELAXATION	RACING/PERSISTENT THOUGHTS	YOGA	EXERCIS E
HEADACHE	AMYGDALA	NAUSEA/VOMITING	DIZZY/SWEATY	FIGHT/FLIGHT/ FREEZE