

Anger Management Bingo

Using humor	Cooking	Go outside	Talk to staff	Play cards
Drawing	Use the 'I' statements	Take a time out	Count to 10	Talk to a friend
Think about loved ones	Visit your family	FREE	Dance	Journaling
Listen to music	Think about happy memories	Physical Release Of Anger	Identify possible solutions	Read
Help a friend	Deep breathing	Take a walk	Watch TV	Exercise

Anger Management Bingo

Visit your family	Count to 10	Talk to staff	Drawing	Take a time out
Go outside	Watch TV	Play cards	Deep breathing	Talk to a friend
Listen to music	Dance	FREE	Journaling	Cooking
Identify possible solutions	Take a walk	Using humor	Exercise	Think about happy memories
Physical Release Of Anger	Read	Think about loved ones	Use the 'I' statements	Help a friend

Anger Management Bingo

Deep breathing	Take a walk	Count to 10	Read	Dance
Using humor	Listen to music	Physical Release Of Anger	Use the 'I' statements	Play cards
Think about loved ones	Exercise	FREE	Think about happy memories	Identify possible solutions
Visit your family	Talk to a friend	Talk to staff	Watch TV	Go outside
Journaling	Cooking	Take a time out	Drawing	Help a friend