

B	I	N	G	O
Talk to an adult	Angry	Don't say mean things	Mad	Go outside
Do exercise	Talk a walk	Listen to music	Being told "NO"	Take deep breaths
Think about happy memories	Breathing gets faster	FREE SPACE!	Frustrated	Getting in trouble
Take a break	Getting teased	Losing a game	Draw a picture	Heart pounds
Count to 20	Not getting your way	Don't hurt others	Upset	Don't hurt yourself

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Think about happy memories	Upset	Being told "NO"	Getting teased	Do exercise
Mad	Getting in trouble	Don't say mean things	Heart pounds	Breathing gets faster
Frustrated	Angry	FREE SPACE!	Draw a picture	Losing a game
Don't hurt yourself	Talk to an adult	Don't hurt others	Take a break	Count to 20
Go outside	Face turns red	Take deep breaths	Listen to music	Talk a walk

B	I	N	G	O
Take a break	Draw a picture	Think about happy memories	Don't hurt yourself	Mad
Not getting your way	Take deep breaths	Upset	Getting teased	Breathing gets faster
Losing a game	Being told "NO"	FREE SPACE!	Frustrated	Don't say mean things
Face turns red	Go outside	Count to 20	Angry	Talk to an adult
Talk a walk	Listen to music	Getting in trouble	Heart pounds	Don't hurt others