

B	I	N	G	O
Turn down the lights	Bounce on a ball	Deep Breathing	Stretch your body	Hug a stuffed animal
Count to 10	Talk to a teacher or friend	Look at or Read a Book	Build with Legos or other materials	Squeeze putty or playdoh
Take a walk	Use a sensory tool	FREE	Close your eyes for a few minutes	Find a quiet space
Games or puzzles	Take a break	Get a drink or snack	Fidgets	Listen to music
Do an Art Project	Color or Draw	Movement activities	Watch a calming video	Dance

B	I	N	G	O
Use a sensory tool	Build with Legos or other materials	Stretch your body	Count to 10	Look at or Read a Book
Deep Breathing	Watch a calming video	Hug a stuffed animal	Color or Draw	Squeeze putty or playdoh
Games or puzzles	Close your eyes for a few minutes	FREE	Find a quiet space	Bounce on a ball
Fidgets	Movement activities	Turn down the lights	Dance	Take a break
Get a drink or snack	Listen to music	Take a walk	Talk to a teacher or friend	Do an Art Project

B	I	N	G	O
Color or Draw	Movement activities	Build with Legos or other materials	Listen to music	Close your eyes for a few minutes
Turn down the lights	Games or puzzles	Get a drink or snack	Talk to a teacher or friend	Hug a stuffed animal
Take a walk	Dance	FREE	Take a break	Fidgets
Use a sensory tool	Squeeze putty or playdoh	Stretch your body	Watch a calming video	Deep Breathing
Find a quiet space	Bounce on a ball	Look at or Read a Book	Count to 10	Do an Art Project