

B	I	N	G	O
Use a fidget	4-7-8 breathing	Eat a crunchy/chewy snack	Relax your muscles	Listen to calming music
Color before a difficult task	Think of your favorite place	Mindful Looking	5-4-3-2-1 List	Positive Self-talk
Stretching	Wrap yourself in a tight blanket	FREE	Breathe fresh air	Give yourself a hug
Guided Imagery	Sit in a quiet place	Journaling	Flower/Candle breathing	Meditation
Exercise	Clear thoughts and focus on your breath	Mindfulness	Yoga	Deep breathing 3x

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Wrap yourself in a tight blanket	5-4-3-2-1 List	Relax your muscles	Color before a difficult task	Mindful Looking
Eat a crunchy/chewy snack	Yoga	Listen to calming music	Clear thoughts and focus on your breath	Positive Self-talk
Guided Imagery	Breathe fresh air	FREE	Give yourself a hug	4-7-8 breathing
Flower/Candle breathing	Mindfulness	Use a fidget	Deep breathing 3x	Sit in a quiet place
Journaling	Meditation	Stretching	Think of your favorite place	Exercise

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Clear thoughts and focus on your breath	Mindfulness	5-4-3-2-1 List	Meditation	Breathe fresh air
Use a fidget	Guided Imagery	Journaling	Think of your favorite place	Listen to calming music
Stretching	Deep breathing 3x	FREE	Sit in a quiet place	Flower/Candle breathing
Wrap yourself in a tight blanket	Positive Self-talk	Relax your muscles	Yoga	Eat a crunchy/chewy snack
Give yourself a hug	4-7-8 breathing	Mindful Looking	Color before a difficult task	Exercise