

B	I	N	G	O
Turn down the lights	Bounce on a ball	Deep Breathing	Stretch your body	Hug a stuffed animal
Count up to 10 or down from 10	Talk to a parent or friend	Look at or Read a Book	Build with Legos or blocks	Squeeze putty or playdoh
Take a walk	Watch a calming video	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 or Craft Project	Color or Draw	Movement activities	Wrap in a blanket or bean bag	Dance

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Watch a calming video	Build with Legos or blocks	Stretch your body	Count up to 10 or down from 10	Look at or Read a Book
Deep Breathing	Wrap in a blanket or bean bag	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 parent or friend	Do an Art or Craft Project

B	I	N	G	O
Color or Draw	Movement activities	Build with Legos or blocks	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 parent or friend	Hug a stuffed animal
Take a walk	Dance	FREE	Take a break	Fidgets
Watch a calming video	Squeeze putty or playdoh	Stretch your body	Wrap in a blanket or bean bag	Deep Breathing
Find a Quiet Space	Bounce on a ball	Look at or Read a Book	Count up to 10 or down from 10	Do an Art or Craft Project