B	I	N	G	O
Take a time out	Bubble mountain	Get in pjs	Practice a hairstyle	Lemon squeeze
Drawing	Squish clay	Make bracelets	Clean your room	Play with ice
Squish ball	Take a walk	**FREE**	Count to 10	Have a snack
Hide under a blanket/fort	Read	Knitting	Go to a safe space	Listen to music
Go outside	Deep breathing	Play with dolls/stuffed animals	Write/draw in journal	Excerise

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B	I	N	G	O
Take a walk	Clean your room	Practice a hairstyle	Drawing	Make bracelets
Get in pjs	Write/draw in journal	Lemon squeeze	Deep breathing	Play with ice
Hide under a blanket/fort	Count to 10	**FREE**	Have a snack	Bubble mountain
Go to a safe space	Play with dolls/stuffed animals	Take a time out	Excerise	Read
Knitting	Listen to music	Squish ball	Squish clay	Go outside

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B	I	N	G	O
Deep breathing	Play with dolls/stuffed animals	Clean your room	Listen to music	Count to 10
Take a time out	Hide under a blanket/fort	Knitting	Squish clay	Lemon squeeze
Squish ball	Excerise	**FREE**	Read	Go to a safe space
Take a walk	Play with ice	Practice a hairstyle	Write/draw in journal	Get in pjs
Have a snack	Bubble mountain	Make bracelets	Drawing	Go outside

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