

B	I	N	G	O
Turn down the lights	Ask for help	Count to 10	Take a break	Get a drink or snack
Clay or Art Activities	Talk to a teacher or friend	Movement activities	Build with lego or other materials	Squeeze stress ball
Take a walk	Use a sensory tool	FREE	Calming pictures	Fidgets
Find a quiet space	Take a deep breath	Games or puzzles	Draw or scribble	Listen to music
Dance	Calming sensory bottle	Putty	Watch a video	Color

B	I	N	G	O
Use a sensory tool	Build with lego or other materials	Take a break	Clay or Art Activities	Movement activities
Count to 10	Watch a video	Get a drink or snack	Calming sensory bottle	Squeeze stress ball
Find a quiet space	Calming pictures	FREE	Fidgets	Ask for help
Draw or scribble	Putty	Turn down the lights	Color	Take a deep breath
Games or puzzles	Listen to music	Take a walk	Talk to a teacher or friend	Dance

B	I	N	G	O
Calming sensory bottle	Putty	Build with lego or other materials	Listen to music	Calming pictures
Turn down the lights	Find a quiet space	Games or puzzles	Talk to a teacher or friend	Get a drink or snack
Take a walk	Color	FREE	Take a deep breath	Draw or scribble
Use a sensory tool	Squeeze stress ball	Take a break	Watch a video	Count to 10
Fidgets	Ask for help	Movement activities	Clay or Art Activities	Dance