B	I	N	G	O
Walk away	Count to 10	Go outside	Talk to an adult	Squeeze a stress ball
Exercise	Think calming thoughts	Take a rest	Dance	Talk to a friend
Think about your family	Watch TV	**FREE**	Deep breathing	Listen to music
Read	Think about happy memories	Solve the problem	Hug yourself	Take a break
Help a friend	Drawing	Take a walk	Write in a journal	Get a drink

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B	I	N	G	O
Watch TV	Dance	Talk to an adult	Exercise	Take a rest
Go outside	Write in a journal	Squeeze a stress ball	Drawing	Talk to a friend
Read	Deep breathing	**FREE**	Listen to music	Count to 10
Hug yourself	Take a walk	Walk away	Get a drink	Think about happy memories
Solve the problem	Take a break	Think about your family	Think calming thoughts	Help a friend

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B	I	N	G	O
Drawing	Take a walk	Dance	Take a break	Deep breathing
Walk away	Read	Solve the problem	Think calming thoughts	Squeeze a stress ball
Think about your family	Get a drink	**FREE**	Think about happy memories	Hug yourself
Watch TV	Talk to a friend	Talk to an adult	Write in a journal	Go outside
Listen to music	Count to 10	Take a rest	Exercise	Help a friend

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