

B	I	N	G	O
swinging	Ask for a break	Time with mom and dad	inner coach/inner critic	drink of water
Squeeze hands together	swing on the tree	headphones	Go to a new space	hot drink
snacks	wall push ups	FREE	Push/pull mom's hands	chewy necklace
coloring	size of the problem	deep breaths	calming space	gum
bean bag	Putty	hitting pillow	wet cloth	Start again

B	I	N	G	O
wall push ups	Go to a new space	inner coach/inner critic	Squeeze hands together	headphones
Time with mom and dad	wet cloth	drink of water	Putty	hot drink
coloring	Push/pull mom's hands	FREE	chewy necklace	Ask for a break
calming space	hitting pillow	swinging	Start again	size of the problem
deep breaths	gum	snacks	swing on the tree	bean bag

B	I	N	G	O
Putty	hitting pillow	Go to a new space	gum	Push/pull mom's hands
swinging	coloring	deep breaths	swing on the tree	drink of water
snacks	Start again	FREE	size of the problem	calming space
wall push ups	hot drink	inner coach/inner critic	wet cloth	Time with mom and dad
chewy necklace	Ask for a break	headphones	Squeeze hands together	bean bag