B	I	N	G	O
Take a Walk	15 Squats	Direct focus to something in room	Rip Paper	Listen to music
Acknowledge and verbalize anger	Squeeze a stress ball 20x x2	Read	20 Jumping Jacks	Share feelings with another person
Talk to Staff	54321 Mindfulness	Imagine 2 consequences of responding poorly	Journal thoughts	Scream into a pillow
Kick a Soccer Ball or punch a punching bag 10x	Retreat Rethink Respond	Drawing/Coloring	Play Cards	7/11 Breathing
Run 5 laps around the gym	Ask a staff member their favorite way to deal with anger	Visualize happy memories/loved ones	Dance	Identify/Label thoughts let pass

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B	I	N	G	O
Talk to Staff	54321 Mindfulness	Share feelings with another person	20 Jumping Jacks	7/11 Breathing
Dance	Scream into a pillow	Imagine 2 consequences of responding poorly	Listen to music	Retreat Rethink Respond
Acknowledge and verbalize anger	Direct focus to something in room	Read	Play Cards	Take a Walk
Kick a Soccer Ball or punch a punching bag 10x	Ask a staff member their favorite way to deal with anger	Squeeze a stress ball 20x x2	Drawing/Coloring	Rip Paper
Run 5 laps around the gym	Visualize happy memories/loved ones	Identify/Label thoughts let pass	15 Squats	Journal thoughts

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B	I	N	G	O
Scream into a pillow	Play Cards	Ask a staff member their favorite way to deal with anger	Dance	Drawing/Coloring
7/11 Breathing	Identify/Label thoughts let pass	Acknowledge and verbalize anger	Imagine 2 consequences of responding poorly	Take a Walk
Kick a Soccer Ball or punch a punching bag 10x	Run 5 laps around the gym	Read	54321 Mindfulness	Squeeze a stress ball 20x x2
Talk to Staff	Retreat Rethink Respond	Visualize happy memories/loved ones	20 Jumping Jacks	15 Squats
Journal thoughts	Share feelings with another person	Rip Paper	Direct focus to something in room	Listen to music

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