

B	I	N	G	O
Watch TV	ABCs of Anger	External Trigger	Take a walk	Self-Coaching
Drawing	Think about loved ones	Sewing	Anger Cues	Take a time out
Think about happy memories	Watch a movie	FREE	Anger Reducer	Listen to music
Play cards	Talk to staff	Read	Helping Others	Self-Reward
Help a friend	Cooking	Social Skills	Write in a journal	Exercise

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Watch a movie	Anger Cues	Take a walk	Drawing	Sewing
External Trigger	Write in a journal	Self-Coaching	Cooking	Take a time out
Play cards	Anger Reducer	FREE	Listen to music	ABCs of Anger
Helping Others	Social Skills	Watch TV	Excerise	Talk to staff
Read	Self-Reward	Think about happy memories	Think about loved ones	Help a friend

B	I	N	G	O
Cooking	Social Skills	Anger Cues	Self-Reward	Anger Reducer
Watch TV	Play cards	Read	Think about loved ones	Self-Coaching
Think about happy memories	Exercise	FREE	Talk to staff	Helping Others
Watch a movie	Take a time out	Take a walk	Write in a journal	External Trigger
Listen to music	ABCs of Anger	Sewing	Drawing	Help a friend