

B	I	N	G	O
Walk away	Acknowledge conflict	Continue playing activity	Tell adult	Listen
Breathing exercises	Wait and cool off	Play with someone else	Apologise	Talk to parents
Tell them how it makes you feel	Why are you doing this	FREE	Ask them to stop	I need space
I'm sorry	Tell teacher	Ignore	I don't like it	Play a different game
Go to a quiet room	Box breathing	Talk it out	discuss solution	Compromise

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Why are you doing this	Apologise	Tell adult	Breathing exercises	Play with someone else
Continue playing activity	discuss solution	Listen	Box breathing	Talk to parents
I'm sorry	Ask them to stop	FREE	I need space	Acknowledge conflict
I don't like it	Talk it out	Walk away	Compromise	Tell teacher
Ignore	Play a different game	Tell them how it makes you feel	Wait and cool off	Go to a quiet room

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Box breathing	Talk it out	Apologise	Play a different game	Ask them to stop
Walk away	I'm sorry	Ignore	Wait and cool off	Listen
Tell them how it makes you feel	Compromise	FREE	Tell teacher	I don't like it
Why are you doing this	Talk to parents	Tell adult	discuss solution	Continue playing activity
I need space	Acknowledge conflict	Play with someone else	Breathing exercises	Go to a quiet room