

Futrell Bingo

Walk Away	Anger scale	Drawing	Take a Long Shower/Bath	Play Video Game
Count to 10	Think About Happy Memories	Rearrange Room	Arts & Crafts	Scream
Talk to a Friend/family member	Check the facts	FREE	Read	Listen to music
Opposite action	Take a Time out/pause	Painting	Recognize triggers	Take a Walk
Go outside	Exercise	Play cards	Clean/Organize	Cooking/Baking

Futrell Bingo

Read	Play Video Game	Check the facts	Talk to a Friend/family member	Clean/Organize
Take a Long Shower/Bath	Listen to music	Opposite action	Think About Happy Memories	Arts & Crafts
Watch TV/Movie	Play cards	FREE	Count to 10	Drawing
Recognize triggers	Scream	Rearrange Room	Take a Time out/pause	Cooking/Baking
Anger scale	Walk Away	Write in a Journal	Deep breathing	Exercise

Futrell Bingo

Read	Count to 10	Recognize triggers	Deep breathing	Arts & Crafts
Anger scale	Write in a Journal	Watch TV/Movie	Cooking/Baking	Think About Happy Memories
Dance	Take a Time out/pause	FREE	Painting	Scream
Play cards	Opposite action	Listen to music	Check the facts	Take a Walk
Clean/Organize	Talk to a Friend/family member	Play Video Game	Drawing	Rearrange Room