

B	I	N	G	O
Use positive self-talk	Be with friends	Arts & Crafts	Help someone	Take a walk
Relax	Draw/paint	Think about happy memories	Sleep	Tell jokes/laugh
Count to 10	Play a game	FREE	Deep breathing	Play with a pet
Talk to a counselor	Read	Take a time out	Talk to a friend	Listen to music
Let yourself cry	Rip paper	Dance	Sew or crochet	Cook/Bake

B	I	N	G	O
Tell jokes/laugh	Dance	Take deep breaths	Play a game	Count to 10
Play with a pet	Think about happy memories	Be with friends	Use positive self-talk	Sleep
Take a walk	Rip paper	FREE	Cook/Bake	Sew or crochet
Draw/paint	Help someone	Take a shower	Watch a movie	Talk to a counselor
Deep breathing	Take a time out	Arts & Crafts	Relax	Use a stress ball

B	I	N	G	O
Dance	Write in my journal	Watch a movie	Draw/paint	Cook/Bake
Take deep breaths	Sleep	Go outside	Be with friends	Use positive self-talk
Relax	Deep breathing	FREE	Take a walk	Play with a pet
Help someone	Sew or crochet	Play a game	Let yourself cry	Take a time out
Use a stress ball	Exercise	Talk to a counselor	Read	Arts & Crafts