

B	I	N	G	O
Take a 5 Minute Break	Ask For A Hug	Cry	Sew an item	Muscle Relaxation
Color	Swing	Play Cards	Bounce A Ball	Rip Paper
Stretch	Talk To An Adult	FREE SPACE!	Breathing	Go To A Quiet Place
Hold Ice In My Hand	Squeeze the Lemon	Jump Up and Down	Go Outside	Pet the Dog
Drink Cold Water	Cold Water On My Hand	Push The Wall	Use the Rocking Chair	Count to 50

B	I	N	G	O
Talk To An Adult	Bounce A Ball	Sew an item	Color	Play Cards
Cry	Use the Rocking Chair	Muscle Relaxation	Cold Water On My Hand	Rip Paper
Hold Ice In My Hand	Breathing	FREE SPACE!	Go To A Quiet Place	Ask For A Hug
Go Outside	Push The Wall	Take a 5 Minute Break	Count to 50	Squeeze the Lemon
Jump Up and Down	Pet the Dog	Stretch	Swing	Drink Cold Water

B	I	N	G	O
Cold Water On My Hand	Push The Wall	Bounce A Ball	Pet the Dog	Breathing
Take a 5 Minute Break	Hold Ice In My Hand	Jump Up and Down	Swing	Muscle Relaxation
Stretch	Count to 50	FREE SPACE!	Squeeze the Lemon	Go Outside
Talk To An Adult	Rip Paper	Sew an item	Use the Rocking Chair	Cry
Go To A Quiet Place	Ask For A Hug	Play Cards	Color	Drink Cold Water