

B	I	N	G	O
Talk it out	Accept a change in plan calmly	Do something that calms your body	Squeeze your fists	Ignore or walk away
Compromise	Take turns	Move your body	Accept boundaries	Share with a friend
Take a deep breath	Trying someone else's idea	FREE	Ask for help	Hug it out
Hug yourself or give yourself a squeeze	Take a break	Identify what zone you are in	Have a small reaction to a small problem	Move on (not getting mind stuck)
Have a small reaction to a medium problem	Complete all transitions calmly	Share how you feel	Using positive self talk	Count to 10

B	I	N	G	O
Trying someone else's idea	Accept boundaries	Squeeze your fists	Compromise	Move your body
Do something that calms your body	Using positive self talk	Ignore or walk away	Complete all transitions calmly	Share with a friend
Hug yourself or give yourself a squeeze	Ask for help	FREE	Hug it out	Accept a change in plan calmly
Have a small reaction to a small problem	Share how you feel	Talk it out	Count to 10	Take a break
Identify what zone you are in	Move on (not getting mind stuck)	Take a deep breath	Take turns	Have a small reaction to a medium problem

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Complete all transitions calmly	Share how you feel	Accept boundaries	Move on (not getting mind stuck)	Ask for help
Talk it out	Hug yourself or give yourself a squeeze	Identify what zone you are in	Take turns	Ignore or walk away
Take a deep breath	Count to 10	FREE	Take a break	Have a small reaction to a small problem
Trying someone else's idea	Share with a friend	Squeeze your fists	Using positive self talk	Do something that calms your body
Hug it out	Accept a change in plan calmly	Move your body	Compromise	Have a small reaction to a medium problem