Anger Management Bingo

Watch a Funny Video	Arts & Crafts	Go Swimming	Take a Walk	Play cards
Deep breathing	Watch TV/Movie	Scream	Clean/Organize	Take a Time out
Trigger	Cooking/ Baking	**FREE**	Rearrange Room	Listen to music
Painting	Talk to a Friends/Family	Play Video Game	Take a Long Shower/ Bath	Think About Happy Memories
Help a friend	Go outside	Read	Count to 10	Dance

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Anger Management Bingo

Rearrange Room	Play cards	Cooking/ Baking	Trigger	Count to 10
Take a Walk	Listen to music	Painting	Watch TV/Movie	Clean/Organize
Write a Letter to the	Read	**FREE**	Deep breathing	Go Swimming
Take a Long Shower/ Bath	Take a Time out	Scream	Talk to a Friends/Family	Dance
Arts & Crafts	Watch a Funny Video	Write in a Journal	Exercise	Go outside

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Anger Management Bingo

Rearrange Room	Deep breathing	Take a Long Shower/ Bath	Exercise	Clean/Organize
Arts & Crafts	Write in a Journal	Write a Letter to the	Dance	Watch TV/Movie
Drawing	Talk to a Friends/Family	**FREE**	Play Video Game	Take a Time out
Read	Painting	Listen to music	Cooking/ Baking	Think About Happy Memories
Count to 10	Trigger	Play cards	Go Swimming	Scream

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