B	I	N	G	O
Use a sensory tool	Ask for help	Ask for help	Color	Putty
Games or puzzles	Calming picture cards	Talk to a teacher or friend	Listen to music	Calming sensory bottle
Movement activities	Take a walk	**FREE**	Build with lego or other materials	Get a drink or snack
Draw or scribble	Fidgets - stone	Take a break	Find a quiet space	Movement activities
Take a deep breath	Dance	Count to 10	Get a drink or snack	Count to 10

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B	I	N	G	O
Build with lego or other materials	Calming picture cards	Get a drink or snack	Games or puzzles	Find a quiet space
Bounce a ball	Take a walk	Putty	Draw or scribble	Fidgets - stone
Talk to a teacher or friend	Ask for help	**FREE**	Use a sensory tool	Get a drink or snack
Find a quiet space	Calming sensory bottle	Count to 10	Movement activities	Watch a video
Movement activities	Listen to music	Take a deep breath	Calming picture cards	Ask for help

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B	I	N	G	O
Find a quiet space	Calming picture cards	Get a drink or snack	Turn down the lights	Build with lego or other materials
Watch a video	Watch a video	Calming sensory bottle	Bounce a ball	Putty
Listen to music	Color	**FREE**	Ask for help	Use a sensory tool
Games or puzzles	Movement activities	Fidgets - stone	Draw or scribble	Count to 10
Movement activities	Take a deep breath	Find a quiet space	Ask for help	Calming picture cards

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