

B	I	N	G	O
Turn down the lights	Bounce a ball	Ask for help	Clay or Art Activities	Listen to music
Fidgets - stone	Calming picture cards	Take a walk	Games or puzzles	Take a deep breath
Build with lego or other materials	Dance	FREE	Calming picture cards	Draw or scribble
Putty	Fidgets - stone	Get a drink or snack	Take a break	Count to 10
Color	Find a quiet space	Build with lego or other materials	Find a quiet space	Build with lego or other materials

B	I	N	G	O
Take a deep breath	Build with lego or other materials	Movement activities	Dance	Build with lego or other materials
Draw or scribble	Take a walk	Bounce a ball	Turn down the lights	Games or puzzles
Listen to music	Find a quiet space	FREE	Build with lego or other materials	Find a quiet space
Calming picture cards	Clay or Art Activities	Get a drink or snack	Use a sensory tool	Putty
Calming picture cards	Get a drink or snack	Ask for help	Fidgets - stone	Talk to a teacher or friend

B	I	N	G	O
Build with lego or other materials	Watch a video	Use a sensory tool	Calming picture cards	Build with lego or other materials
Movement activities	Games or puzzles	Calming sensory bottle	Bounce a ball	Turn down the lights
Fidgets - stone	Calming picture cards	FREE	Listen to music	Draw or scribble
Clay or Art Activities	Find a quiet space	Dance	Color	Get a drink or snack
Talk to a teacher or friend	Calming picture cards	Putty	Fidgets - stone	Ask for help