

B	I	N	G	O
Walk Away	Call a Friend	Exercise	Take a Timeout	Play with a fidget
Deep Breathing	Use a Stress Ball	Read a Book	Color	Take a Nap
Tell a Joke	Watch a Movie	FREE	Count to ten	Play a Game
Play a Video Game	Take a Walk	Play with Slime	Listen to Music	Play with a pet
Go for a walk	Dance	Sing	Write in a Journal	Do a Puzzle

B	I	N	G	O
Watch a Movie	Color	Take a Timeout	Deep Breathing	Read a Book
Exercise	Write in a Journal	Play with a fidget	Dance	Take a Nap
Play a Video Game	Count to ten	FREE	Play a Game	Call a Friend
Listen to Music	Sing	Walk Away	Do a Puzzle	Take a Walk
Play with Slime	Play with a pet	Tell a Joke	Use a Stress Ball	Go for a walk

B	I	N	G	O
Dance	Sing	Color	Play with a pet	Count to ten
Walk Away	Play a Video Game	Play with Slime	Use a Stress Ball	Play with a fidget
Tell a Joke	Do a Puzzle	FREE	Take a Walk	Listen to Music
Watch a Movie	Take a Nap	Take a Timeout	Write in a Journal	Exercise
Play a Game	Call a Friend	Read a Book	Deep Breathing	Go for a walk