B	I	N	G	O
Water Sipping	5-4-3-2-1 Grounding	Frustrated	Sad/Disappointed	Mad
Chewies	Tired	Obstacle Course	Blue Zone Emotion	Red Zone Emotion
Sour Candy	Yellow Zone Emotion	**FREE**	Blue Zone Emotion	Gum
Hug	Small Problem vs Big Problem	Listening to Music	Green Zone Emotion	Noise cancelling headphones
Going somewhere quiet	Bored	Red Zone Emotion	Yellow Zone Emotion	Deep Breathing

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B	I	N	G	O
Yellow Zone Emotion	Blue Zone Emotion	Sad/Disappointed	Chewies	Obstacle Course
Frustrated	Yellow Zone Emotion	Mad	Bored	Red Zone Emotion
Hug	Blue Zone Emotion	**FREE**	Gum	5-4-3-2-1 Grounding
Green Zone Emotion	Red Zone Emotion	Water Sipping	Deep Breathing	Small Problem vs Big Problem
Listening to Music	Noise cancelling headphones	Sour Candy	Tired	Going somewhere quiet

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B	I	N	G	O
Bored	Red Zone Emotion	Blue Zone Emotion	Noise cancelling headphones	Blue Zone Emotion
Water Sipping	Hug	Listening to Music	Tired	Mad
Sour Candy	Deep Breathing	**FREE**	Small Problem vs Big Problem	Green Zone Emotion
Yellow Zone Emotion	Red Zone Emotion	Sad/Disappointed	Yellow Zone Emotion	Frustrated
Gum	5-4-3-2-1 Grounding	Obstacle Course	Chewies	Going somewhere quiet

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