B	I	N	G	O
Tracks	5 4 3 2 1 with colors	Explore fidget box	Sink water play	Play with buddy
Drink water	Talk to mom or dad	Say something kind to yourself	Count to 15	Sensory play
Take space	Wrap up in blanket	**FREE**	Deep breathing	Listen to music (lofy) calming
Magnet tiles	Take a walk	Play a board game	Hug a stuffy	Read
Help mom with a chore	Draw	Say something nice about a loved on	Yoga	Excersize

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B	I	N	G	O
Wrap up in blanket	Count to 15	Sink water play	Drink water	Say something kind to yourself
Explore fidget box	Yoga	Play with buddy	Draw	Sensory play
Magnet tiles	Deep breathing	**FREE**	Listen to music (lofy) calming	5 4 3 2 1 with colors
Hug a stuffy	Say something nice about a loved on	Tracks	Excersize	Take a walk
Play a board game	Read	Take space	Talk to mom or dad	Help mom with a chore

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B	I	N	G	O
Draw	Say something nice about a loved on	Count to 15	Read	Deep breathing
Tracks	Magnet tiles	Play a board game	Talk to mom or dad	Play with buddy
Take space	Excersize	**FREE**	Take a walk	Hug a stuffy
Wrap up in blanket	Sensory play	Sink water play	Yoga	Explore fidget box
Listen to music (lofy) calming	5 4 3 2 1 with colors	Say something kind to yourself	Drink water	Help mom with a chore

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