

B	I	N	G	O
Deep breathing	Drawing	Painting	Take a Time out	Write a Letter to the
Count to 10	Exercise	Scream	Talk to a Friend/Mom/Sibling	Trigger
Arts & Crafts	Help a friend	Free	Think About Happy Memories	Write in a Journal
Cooking/Baking	Go Swimming	Rearrange Room	Take a Walk	Watch TV/Movie
Dance	Go outside	Play cards	Take a Long Shower/Bath	Walk Away

B	I	N	G	O
Clean/Organize	Listen to music	Read	Think About Happy Memories	Write a Letter to the
Dance	Go outside	Rearrange Room	Take a Long Shower/Bath	Trigger
Count to 10	Exercise	Free	Talk to a Friend/Mom/Sibling	Watch TV/Movie
Arts & Crafts	Go Swimming	Painting	Take a Walk	Write in a Journal
Deep breathing	Drawing	Play Video Game	Take a Time out	Walk Away

B	I	N	G	O
Count to 10	Drawing	Play cards	Take a Walk	Trigger
Cooking/ Baking	Go outside	Play Video Game	Talk to a Friend/Mom/ Sibling	Write a Letter to the
Clean/Organize	Listen to music	Free	Take a Time out	Write in a Journal
Dance	Exercise	Scream	Think About Happy Memories	Walk Away
Arts & Crafts	Help a friend	Painting	Take a Long Shower/ Bath	Watch TV/Movie