

B	I	N	G	O
Verbalizing feelings	Anger	Drawing	Take a nap	Play a game
Deep Breathing	Talking to adult	Playing outside	Bottling feelings	Ride a bike
Talk to a friend	Walk Away	FREE SPACE!	Communicating	Journaling
Letting it Go	Take a walk	Listen to Music	Go to your room	Play with a Pet
Frustration	Counting to 10	Read a book	Watch tv show	Disappointed

B	I	N	G	O
Walk Away	Bottling feelings	Take a nap	Deep Breathing	Playing outside
Drawing	Watch tv show	Play a game	Counting to 10	Ride a bike
Letting it Go	Communicating	FREE SPACE!	Journaling	Anger
Go to your room	Read a book	Verbalizing feelings	Disappointed	Take a walk
Listen to Music	Play with a Pet	Talk to a friend	Talking to adult	Frustration

B	I	N	G	O
Counting to 10	Read a book	Bottling feelings	Play with a Pet	Communicating
Verbalizing feelings	Letting it Go	Listen to Music	Talking to adult	Play a game
Talk to a friend	Disappointed	FREE SPACE!	Take a walk	Go to your room
Walk Away	Ride a bike	Take a nap	Watch tv show	Drawing
Journaling	Anger	Playing outside	Deep Breathing	Frustration