

B	I	N	G	O
Venting	Assertive	Anger	Eat Healthy	Respect
Journal	Count to 10	Talk about it	Relax	Stomp
Compromise	Express	FREE SPACE!	Counseling	Fear
Rules	Guilt	Resolution	Solutions	Exercise
Emotions	Listen	Cool down	Read	Communication

B	I	N	G	O
Stomp	Cool down	Rest	Express	Compromise
Fear	Talk about it	Assertive	Venting	Relax
Respect	Listen	FREE SPACE!	Communication	Read
Count to 10	Eat Healthy	Relaxation	Walk away	Rules
Counseling	Resolution	Anger	Journal	Temper

B	I	N	G	O
Cool down	Yell	Walk away	Count to 10	Communication
Rest	Relax	Draw	Assertive	Venting
Journal	Counseling	FREE SPACE!	Respect	Fear
Eat Healthy	Read	Express	Emotions	Resolution
Temper	Deep breathing	Rules	Guilt	Anger