B	I	N	G	O
Watch a movie	Arts and Crafts	Go outside	Talk to family	Say "okay" and walk away
Drawing	Watch TV	Squeeze fists together	Count to 10	Talk to a friend
Triangle breathing	Write in a journal	**FREE**	Dance	Play cards
Play with dog	Think about a fun time you've had	Read	Listen to music	Scream into a pillow
Imagine yourself some place else	Deep breathing	Take a time out	play video games	Excerise

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B	I	N	G	O
Write in a journal	Count to 10	Talk to family	Drawing	Squeeze fists together
Go outside	play video games	Say "okay" and walk away	Deep breathing	Talk to a friend
Play with dog	Dance	**FREE**	Play cards	Arts and Crafts
Listen to music	Take a time out	Watch a movie	Excerise	Think about a fun time you've had
Read	Scream into a pillow	Triangle breathing	Watch TV	Imagine yourself some place else

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B	I	N	G	O
Deep breathing	Take a time out	Count to 10	Scream into a pillow	Dance
Watch a movie	Play with dog	Read	Watch TV	Say "okay" and walk away
Triangle breathing	Excerise	**FREE**	Think about a fun time you've had	Listen to music
Write in a journal	Talk to a friend	Talk to family	play video games	Go outside
Play cards	Arts and Crafts	Squeeze fists together	Drawing	Imagine yourself some place else

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