

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

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Write in a journal	Count to 10	Talk to a friend	Drawing	Scream into a pillow
Go outside	play video games	STOP & THINK	Deep breathing	Take a time out
Play with your pet	Dance	FREE	Play cards	Arts and Crafts
Listen to music	Squeeze your fists together	Watch TV	Go for a walk	Talk to family
Read	Say "okay" and walk away	Think about a fun time you've had	Triangle breathing	Imagine yourself some place else

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