B	I	N	G	O
Throw something	Cook	Bottle it up	Ignore everyone	Spend time alone
Play with your pets	Draw	Think of a happy memory	Ride your bike	Count to 10
Sing	Talk to a friend	**FREE**	Watch TV	Dance
Paint	Play a game	Stay home all day	Play outside	Scream into a pillow
Kick something	Imagine a calming place	Punch a pillow	Do a craft	Read

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B	I	N	G	O
Play with your pets	Play outside	Count to 10	Talk to a parent	Deep breathing
Spend time alone	Paint	Dance	Play a game	Think of a happy memory
Watch TV	Cook	**FREE**	Ride your bike	Punch a pillow
Read	Play an instrument	Go for a walk	Ignore everyone	Scream at someone
Sing	Take a nap	Do a craft	Scream into a pillow	Draw

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B	I	N	G	O
Scream into a pillow	Punch a pillow	Read	Cook	Paint
Bottle it up	Play outside	Draw	Throw something	Deep breathing
Write in a journal	Watch a movie	**FREE**	Go for a walk	Count to 10
Spend time alone	Ride your bike	Hit someone	Watch TV	Play with your pets
Do a craft	Sing	Play a game	Ignore everyone	Dance

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