

B	I	N	G	O
swimming	Angry	Aggression	Restraint	indoor basketball
board games	Happy	safety	depressed	Appropriate
going to the store	push-ups	FREE	talking	Clenching of Fist
crying	Walking	aggression	outdoor games	baseball
games	play catch	play cards	goal setting	Tears

B	I	N	G	O
push-ups	Walking	Self-Injurious	breathing	aggression
Sad	Coloring	Coping Statement	crying	board games
basketball	BINGO	FREE	Coping Skills	indoor basketball
Clenching of Fist	Worried	safety	Appropriate	tell jokes
running away	Anxious	brain storming	crafts	Heart Racing

B	I	N	G	O
Restraint	push-ups	fishing	tell jokes	listen to music
going to the store	drawing	outdoor games	Clenching of Fist	Emotions
brain storming	Heart Racing	FREE	games	breathing
crafts	Anxious	Verbal Aggression	Aggression	basketball
Happy	swimming	Coping Skills	watch tv	watch a movie