

B	I	N	G	O
swimming	Angry	Aggression	Restraint	indoor basketball
brain storming	Heart Racing	safety	drawing	Appropriate
going to the store	pull-ups	FREE	talking	Clenching of Fist
depressed	Walking	push-ups	Happy	aggression
outdoor games	baseball	goal setting	basketball	play catch

B	I	N	G	O
going to the store	Tears	push-ups	Walking	Suggested Relaxation
breathing	aggression	Self-Injurious	Coloring	Coping Statement
crying	brain storming	FREE	board games	BINGO
Coping Skillls	listen to music	Clenching of Fist	safety	Appropriate
talking	running away	Anxious	depressed	indoor basketball

B	I	N	G	O
breathing	BINGO	Worried	crying	push-ups
back gammon	brain storming	Heart Racing	Restraint	games
tell jokes	organize room	FREE	going to the store	drawing
play cards	Coloring	Emotions	goal setting	crafts
Anxious	Walking	Aggression	board games	Happy