

B	I	N	G	O
swimming	Angry	Aggression	Restraint	listen to music
brain storming	Heart Racing	screaming	fishing	Appropriate
indoor basketball	push-ups	FREE	talking	Clenching of Fist
drawing	Worried	running away	Happy	back gammon
play cards	basketball	going to the store	pull-ups	Tears

B	I	N	G	O
push-ups	Worried	Suggested Relaxation	crafts	back gammon
Self-Injurious	Coloring	Coping Statement	depressed	brain storming
board games	BINGO	FREE	running away	Coping Skills
organize room	Walking	Clenching of Fist	aggression	screaming
Appropriate	talking	safety	Anxious	listen to music

B	I	N	G	O
crafts	BINGO	aggression	depressed	running away
back gammon	breathing	Heart Racing	Sad	games
tell jokes	organize room	FREE	indoor basketball	fishing
play catch	Coloring	Emotions	goal setting	going to the store
crying	Anxious	Walking	Aggression	board games