

B	I	N	G	O
swimming	Angry	Aggression	Sad	listen to music
breathing	Heart Racing	safety	fighting	Appropriate
indoor basketball	push-ups	FREE	talking	Clenching of Fist
drawing	Worried	Happy	back gammon	play cards
basketball	goal setting	pull-ups	board games	going to the store

B	I	N	G	O
Tight Jaw	push-ups	Worried	Suggested Relaxation	crying
back gammon	Self-Injurious	Coloring	Coping Statement	depressed
breathing	brain storming	FREE	BINGO	organize room
aggression	screaming	Appropriate	talking	running away
Anxious	drawing	listen to music	crafts	Clenching of Fist

B	I	N	G	O
aggression	depressed	running away	baseball	breathing
Heart Racing	Sad	games	tell jokes	organize room
indoor basketball	fishing	FREE	play cards	Coloring
Emotions	going to the store	crying	Anxious	Worried
Aggression	brain storming	swimming	Coping Skills	watch tv