

B	I	N	G	O
Watch a movie	Close Your Eyes and Count to 10	Jumping Jacks	Talk to a friend	Relax Your Muscles
Get a Hug	Watch TV	Take a walk	Dance	Talk to a Teacher
Think Happy Thoughts	Write in a journal	FREE	Deep breathing	Play Games
Play cards	Think About Playing With Your Friends	Read	Painting	Take a time out
Listen to music	Drawing	Talk to Your Family	Yell Into a Pillow	Go outside

B	I	N	G	O
Write in a journal	Dance	Talk to a friend	Get a Hug	Take a walk
Jumping Jacks	Yell Into a Pillow	Relax Your Muscles	Drawing	Talk to a Teacher
Play cards	Deep breathing	FREE	Play Games	Close Your Eyes and Count to 10
Painting	Talk to Your Family	Watch a movie	Go outside	Think About Playing With Your Friends
Read	Take a time out	Think Happy Thoughts	Watch TV	Listen to music

B	I	N	G	O
Drawing	Talk to Your Family	Dance	Take a time out	Deep breathing
Watch a movie	Play cards	Read	Watch TV	Relax Your Muscles
Think Happy Thoughts	Go outside	FREE	Think About Playing With Your Friends	Painting
Write in a journal	Talk to a Teacher	Talk to a friend	Yell Into a Pillow	Jumping Jacks
Play Games	Close Your Eyes and Count to 10	Take a walk	Get a Hug	Listen to music