

B	I	N	G	O
Use a Bug and a Wish	Count from 10 to 0	Find a quiet place	Talk to a friend	Play a game
Drawing	Think about happy/funny memories	Six Sided Breathing	Dance	Take a walk
Tense your body then relax	Use a squeeze ball	FREE	Deep breathing	Lazy 8 Breathing
Listen to music	Talk to a teacher	Painting	Help a friend	Read
Go outside	Do Calming Sequence	Take a break	Use an I-message	Excerise

B	I	N	G	O
Use a squeeze ball	Dance	Talk to a friend	Drawing	Six Sided Breathing
Find a quiet place	Use an I-message	Play a game	Do Calming Sequence	Take a walk
Listen to music	Deep breathing	FREE	Lazy 8 Breathing	Count from 10 to 0
Help a friend	Take a break	Use a Bug and a Wish	Excerise	Talk to a teacher
Painting	Read	Tense your body then relax	Think about happy/funny memories	Go outside

B	I	N	G	O
Do Calming Sequence	Take a break	Dance	Read	Deep breathing
Use a Bug and a Wish	Listen to music	Painting	Think about happy/funny memories	Play a game
Tense your body then relax	Exercise	FREE	Talk to a teacher	Help a friend
Use a squeeze ball	Take a walk	Talk to a friend	Use an I-message	Find a quiet place
Lazy 8 Breathing	Count from 10 to 0	Six Sided Breathing	Drawing	Go outside