

B	I	N	G	O
Visualize a relaxing place	Ask for help	Listen to music	Talk to a teacher	Take a time out
Exercise	Use a stress ball	Take slow deep breaths	Count to 10	Think of an Antidote thought
Work in the middle room	Dance	FREE	Read	Squeeze a pillow
Think about loved ones	Stand up at your seat	Talk to a friend	Play a game	Take a walk
Drawing	Think about happy memories	Go outside	Write in a journal	Help a friend

B	I	N	G	O
Work in the middle room	Write in a journal	Count to 10	Stand up at your seat	Exercise
Talk to a teacher	Squeeze a pillow	Listen to music	Take a walk	Dance
Read	Ask for help	FREE	Play a game	Talk to a friend
Help a friend	Visualize a relaxing place	Go outside	Think about loved ones	Drawing
Take a time out	Put on headphones	Think of an Antidote thought	Take slow deep breaths	Use a stress ball

B	I	N	G	O
Think about loved ones	Play a game	Work in the middle room	Help a friend	Talk to a teacher
Think about happy memories	Think of an Antidote thought	Write in a journal	Stand up at your seat	Dance
Talk to a friend	Count to 10	FREE	Read	Listen to music
Put on headphones	Take a time out	Drawing	Ask for help	Visualize a relaxing place
Use a stress ball	Take slow deep breaths	Squeeze a pillow	Take a walk	Go outside