B	I	N	G	O
Triangle breathing	Arts and Crafts	Go outside	Take a time out	STOP & THINK
Drawing	Think about a fun time you've had	Scream into a pillow	Count to 10	Squeeze your fists together
Talk to family	Watch TV	**FREE**	Dance	Play cards
Play with your pet	Talk to a friend	Read	Listen to music	Say "okay" and walk away
Imagine yourself some place else	Deep breathing	Self-talk	Write in a journal	Go for a walk

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B	I	N	G	O
Watch TV	Count to 10	Take a time out	Drawing	Scream into a pillow
Go outside	Write in a journal	STOP & THINK	Deep breathing	Squeeze your fists together
Play with your pet	Dance	**FREE**	Play cards	Arts and Crafts
Listen to music	Self-talk	Triangle breathing	Go for a walk	Talk to a friend
Read	Say "okay" and walk away	Talk to family	Think about a fun time you've had	Imagine yourself some place else

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B	I	N	G	O
Deep breathing	Self-talk	Count to 10	Say "okay" and walk away	Dance
Triangle breathing	Play with your pet	Read	Think about a fun time you've had	STOP & THINK
Talk to family	Go for a walk	**FREE**	Talk to a friend	Listen to music
Watch TV	Squeeze your fists together	Take a time out	Write in a journal	Go outside
Play cards	Arts and Crafts	Scream into a pillow	Drawing	Imagine yourself some place else

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