

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to teacher	Say ABCs
Drawing	Think about loved ones	Take a time out	Count to 10	Talk to a friend
Think about happy memories	Watch a movie	FREE	Dance	Painting
Play cards	Talk with family	Read	Listen to music	Squeeze a Ball
Help a friend	Deep breathing	Take a walk	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Talk to teacher	Drawing	Take a time out
Go outside	Write in a journal	Say ABCs	Deep breathing	Talk to a friend
Play cards	Dance	FREE	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Excerise	Talk with family
Read	Squeeze a Ball	Think about happy memories	Think about loved ones	Help a friend

B	I	N	G	O
Deep breathing	Take a walk	Count to 10	Squeeze a Ball	Dance
Watch TV	Play cards	Read	Think about loved ones	Say ABCs
Think about happy memories	Exercise	FREE	Talk with family	Listen to music
Watch a movie	Talk to a friend	Talk to teacher	Write in a journal	Go outside
Painting	Arts and Crafts	Take a time out	Drawing	Help a friend