

B	I	N	G	O
Talks to someone	Asks an adult for help	Goes for a walk/jog	Rides a bike	Plays a video game
Finds a quiet place	Takes a nap	Plays with a pet	Counts to 10	Reads
Takes a bath/shower	Thinks happy thoughts	FREE	Draws	Makes something(legos)
Paints or makes a craft	Sings	Plays a game	Listens to music	Plays outside
Imagines a favorite place	Exercises	Plays with sister/brother	Writes in a journal	Gets together with a friend

B	I	N	G	O
Thinks happy thoughts	Counts to 10	Rides a bike	Finds a quiet place	Plays with a pet
Goes for a walk/jog	Writes in a journal	Plays a video game	Exercises	Reads
Paints or makes a craft	Draws	FREE	Makes something(legos)	Asks an adult for help
Listens to music	Plays with sister/brother	Talks to someone	Gets together with a friend	Sings
Plays a game	Plays outside	Takes a bath/shower	Takes a nap	Imagines a favorite place

B	I	N	G	O
Exercises	Plays with sister/brother	Counts to 10	Plays outside	Draws
Talks to someone	Paints or makes a craft	Plays a game	Takes a nap	Plays a video game
Takes a bath/shower	Gets together with a friend	FREE	Sings	Listens to music
Thinks happy thoughts	Reads	Rides a bike	Writes in a journal	Goes for a walk/jog
Makes something(legos)	Asks an adult for help	Plays with a pet	Finds a quiet place	Imagines a favorite place