

B	I	N	G	O
watch TV	call someone	listen to music	talk to a friend	play with brother/sister
go outside	walk away	push pull dangle	draw	take deep breaths
think happy thoughts	watch a movie	FREE	forget about it	play on my tablet
play the Wii	talk to an adult	play with a friend	play a game	play with my pet
make something	get a drink	read	write in a journal	go to my room

B	I	N	G	O
watch a movie	draw	talk to a friend	go outside	push pull dangle
listen to music	write in a journal	play with brother/sister	get a drink	take deep breaths
play the Wii	forget about it	FREE	play on my tablet	call someone
play a game	read	watch TV	go to my room	talk to an adult
play with a friend	play with my pet	think happy thoughts	walk away	make something

B	I	N	G	O
get a drink	read	draw	play with my pet	forget about it
watch TV	play the Wii	play with a friend	walk away	play with brother/sister
think happy thoughts	go to my room	FREE	talk to an adult	play a game
watch a movie	take deep breaths	talk to a friend	write in a journal	listen to music
play on my tablet	call someone	push pull dangle	go outside	make something