

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

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

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