

B	I	N	G	O
Watch TV	Arts and Crafts	Listen to music	Talk to a friend	Take a bath!
Excerise	Think about your pet	Take a time out	Cook something	Think about loved ones
Watch a movie	Count to 10	FREE	Read	Run
Think about happy places you have been to.	Sewing	Take a walk	Paint	Take a deep breath
Drawing	Talk to your teacher	Go outside	Write in a journal	Help a friend

B	I	N	G	O
Watch a movie	Write in a journal	Cook something	Sewing	Exercise
Talk to a friend	Run	Listen to music	Take a deep breath	Count to 10
Read	Arts and Crafts	FREE	Paint	Take a walk
Help a friend	Watch TV	Go outside	Think about happy places you have been to.	Drawing
Take a bath!	Play cards	Think about loved ones	Take a time out	Think about your pet

B	I	N	G	O
Think about happy places you have been to.	Paint	Watch a movie	Help a friend	Talk to a friend
Talk to your teacher	Think about loved ones	Write in a journal	Sewing	Count to 10
Take a walk	Cook something	FREE	Read	Listen to music
Play cards	Take a bath!	Drawing	Arts and Crafts	Watch TV
Think about your pet	Take a time out	Run	Take a deep breath	Go outside