

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

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

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