

B	I	N	G	O
Write in a journal	Bubble Machine	Give someone a High 5	Take a walk	Play a game
Do a school job	Think about happy place	Rocking Chair	Count to 10	Think about happy memories
Yoga	Dance	FREE	Lego Time	Listen to music
Talk to staff	Painting	Take a time out	Go outside	Read
Deep breathing	Talk to a friend	Drawing	Zen on the iPad	Excerise

B	I	N	G	O
Yoga	Zen on the iPad	Count to 10	Painting	Do a school job
Take a walk	Listen to music	Give someone a High 5	Read	Dance
Lego Time	Bubble Machine	FREE	Go outside	Take a time out
Excerise	Write in a journal	Drawing	Talk to staff	Deep breathing
Play a game	Help a friend	Think about happy memories	Rocking Chair	Think about happy place

B	I	N	G	O
Talk to staff	Go outside	Yoga	Excerise	Take a walk
Talk to a friend	Think about happy memories	Zen on the iPad	Painting	Dance
Take a time out	Count to 10	FREE	Lego Time	Give someone a High 5
Help a friend	Play a game	Deep breathing	Bubble Machine	Write in a journal
Think about happy place	Rocking Chair	Listen to music	Read	Drawing