

B	I	N	G	O
think of a happy memory	Call a friend	Scream on a pillow	take a self time out	draw a picture
JUMP	tell a joke	play cards	Dance	smile
talk to self	watch TV	FREE	Go outside	arts and crafts
count to 10	talk to a friend	deep breathing	Watch a Movie	listen to music
Take a walk	Help a friend	ride a bike	write in a journal	Read

B	I	N	G	O
watch TV	Dance	take a self time out	JUMP	play cards
Scream on a pillow	write in a journal	draw a picture	Help a friend	smile
count to 10	Go outside	FREE	arts and crafts	Call a friend
Watch a Movie	ride a bike	think of a happy memory	Read	talk to a friend
deep breathing	listen to music	talk to self	tell a joke	Take a walk

B	I	N	G	O
Help a friend	ride a bike	Dance	listen to music	Go outside
think of a happy memory	count to 10	deep breathing	tell a joke	draw a picture
talk to self	Read	FREE	talk to a friend	Watch a Movie
watch TV	smile	take a self time out	write in a journal	Scream on a pillow
arts and crafts	Call a friend	play cards	JUMP	Take a walk