

B	I	N	G	O
Watch TV	Count to 10	FREE	Talk to my mom	Sit down and think
Exercise	Use my stress ball	Take a walk	Dance	Talk to my counselor
Use feeling words	Watch a movie	FREE	Deep breathing	Listen to music
Read	Think about happy memories	Say positive things about myself	Go outside	Take a time out
Get help	Drawing	Talk to a friend	Write in a journal	Express my wants and needs

B	I	N	G	O
Watch a movie	Dance	Talk to my mom	Exercise	Take a walk
FREE	Write in a journal	Sit down and think	Drawing	Talk to my counselor
Read	Deep breathing	FREE	Listen to music	Count to 10
Go outside	Talk to a friend	Watch TV	Express my wants and needs	Think about happy memories
Say positive things about myself	Take a time out	Use feeling words	Use my stress ball	Get help

B	I	N	G	O
Drawing	Talk to a friend	Dance	Take a time out	Deep breathing
Watch TV	Read	Say positive things about myself	Use my stress ball	Sit down and think
Use feeling words	Express my wants and needs	FREE	Think about happy memories	Go outside
Watch a movie	Talk to my counselor	Talk to my mom	Write in a journal	FREE
Listen to music	Count to 10	Take a walk	Exercise	Get help