

B	I	N	G	O
THINK	ASK SUPERVISOR FOR HELP	GET SOME SLEEP AT NIGHT	STRENGTH S	LISTEN TO MUSIC
EXERCISE	TEAM WORK	PROFESSIONAL	BOUNDARIES	TALKING
TRY TO RELAX	COPING SKILLS	FREE	PLAY A SPORT	JOIN A CLUB
EAT HEALTHY	KEEP A POSITIVE ATTITUDE	TALK TO A TRUSTED ADULT	LAUGH	RELATIONSHIP
TALK TO YOUR PARENTS	HANG OUT WITH A FRIEND	GO FOR A WALK	PERSONAL SPACE	DANCE

B	I	N	G	O
PLAY A SPORT	LISTEN TO MUSIC	COPING SKILLS	TALKING	DANCE
TALK TO A TRUSTED ADULT	JOIN A CLUB	KEEP A POSITIVE ATTITUDE	TEAM WORK	BOUNDARIES
TRY TO RELAX	STRENGTH S	FREE	PERSONAL SPACE	EXERCIS E
GET SOME SLEEP AT NIGHT	PROFESSIONAL	TALK TO YOUR PARENTS	EAT HEALTHY	RELATIONSHIP
ASK SUPERVISOR FOR HELP	THINK	WRITE/JOURNAL	FOCUS ON WHAT YOU CAN CONTROL	GO FOR A WALK

B	I	N	G	O
PLAY A SPORT	EXERCISE	RELATIONSHIP	FOCUS ON WHAT YOU CAN CONTROL	BOUNDARIES
ASK SUPERVISOR FOR HELP	WRITE/JOURNAL	GET SOME SLEEP AT NIGHT	TRY TO RELAX	EAT HEALTHY
TEAM WORK	TALK TO YOUR PARENTS	FREE	LAUGH	STRENGTH S
DANCE	PERSONAL SPACE	KEEP A POSITIVE ATTITUDE	JOIN A CLUB	COPING SKILLS
TALKING	LISTEN TO MUSIC	GO FOR A WALK	PROFESSIONAL	THINK