

B	I	N	G	O
Think Positive	Count to Ten	Compromise	Take Ten Breathes	Keep Calm
Be Understanding	Talk to a Friend	Look and Listen	Be Forgiving	Stretch
Talk It Out	Think of a Calming Place	FREE	Be Kind	Don't Take Yourself Seriously
Find an Adult	Take a Walk	Give Yourself Space	Do Not Call Names	Listen to Music
Consider Others Feelings	Be Respectful	Play it Cool	Use Your Kind Word	Call a Time Out

B	I	N	G	O
Think of a Calming Place	Be Forgiving	Take Ten Breathes	Be Understanding	Look and Listen
Compromise	Use Your Kind Word	Keep Calm	Be Respectful	Stretch
Find an Adult	Be Kind	FREE	Don't Take Yourself Seriously	Count to Ten
Do Not Call Names	Play it Cool	Think Positive	Call a Time Out	Take a Walk
Give Yourself Space	Listen to Music	Talk It Out	Talk to a Friend	Consider Others Feelings

B	I	N	G	O
Be Respectful	Play it Cool	Be Forgiving	Listen to Music	Be Kind
Think Positive	Find an Adult	Give Yourself Space	Talk to a Friend	Keep Calm
Talk It Out	Call a Time Out	FREE	Take a Walk	Do Not Call Names
Think of a Calming Place	Stretch	Take Ten Breathes	Use Your Kind Word	Compromise
Don't Take Yourself Seriously	Count to Ten	Look and Listen	Be Understanding	Consider Others Feelings