B	I	N	G	O
Throwing things	Breathe stretch shake	Do a Happy Dance	Sing a Happy Song	Harming someone
Deep breathing	Talking back	Run or play outside	Color	Saying mean things
Talk to someone	Write a letter/journal	**FREE**	Count to 10	Getting a bad grade
Getting in trouble	Take some time away	Harming ourselves	Find a safe place	Lying
Draw a picture	Crying	Running Away	Yelling	Destroying property

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B	I	N	G	O
Write a letter/journal	Color	Sing a Happy Song	Deep breathing	Run or play outside
Do a Happy Dance	Yelling	Harming someone	Crying	Saying mean things
Getting in trouble	Count to 10	**FREE**	Getting a bad grade	Breathe stretch shake
Find a safe place	Running Away	Throwing things	Destroying property	Take some time away
Harming ourselves	Lying	Talk to someone	Talking back	Draw a picture

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B	I	N	G	O
Crying	Running Away	Color	Lying	Count to 10
Throwing things	Getting in trouble	Harming ourselves	Talking back	Harming someone
Talk to someone	Destroying property	**FREE**	Take some time away	Find a safe place
Write a letter/journal	Saying mean things	Sing a Happy Song	Yelling	Do a Happy Dance
Getting a bad grade	Breathe stretch shake	Run or play outside	Deep breathing	Draw a picture

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