

B	I	N	G	O
Use an I Feel Message	Do Yoga	Give Someone a High Five	Take a Walk Outside	Perform a Random Act of Kindness
Exercise	Use Safe Spot	Sing	Do the Balloon	Understand How You Feel
Do the Star	Keep a Positive Attitude	FREE	Laugh	Tell a Teacher
Listen to Music	Take Deep Breaths	Go to Sensory Room	Play a Game	Go to Another Activity
Draw a Picture	Eat Healthy	Rock Paper Scissors	Get Away From the Problem	Sleep Well

B	I	N	G	O
Wait and Cool Off	Talk to a Friend	Take Deep Breaths	Sing	Tell a Teacher
Draw a Picture	Eat Healthy	Sleep Well	Play a Game	Exercise
Rock Paper Scissors	Do the Balloon	FREE	Keep a Positive Attitude	Do Yoga
Perform a Random Act of Kindness	Use an I Feel Message	Write a Story or Poem	Get Away From the Problem	Do the Star
Take a Walk Outside	Get Help	Laugh	Give Someone a High Five	Go to Sensory Room

B	I	N	G	O
Rock Paper Scissors	Exercise	Take Deep Breaths	Sleep Well	Get Help
Do the Balloon	Write a Story or Poem	Give Someone a High Five	Wait and Cool Off	Use a Stress Ball
Get Away From the Problem	Tell a Teacher	FREE	Listen to Music	Take a Walk Outside
Do Yoga	Eat Healthy	Play a Game	Laugh	Journal
Use an I Feel Message	Do the Star	Understand How You Feel	Draw a Picture	Use Safe Spot