

B	I	N	G	O
Tell someone how I'm feeling	Ask before touching something that belongs to someone else	Imagine my happy place	Smile a lot!	Relax my muscles
Don't interrupt	Talk to an adult	Respect myself	Ask for a hug	Share with others
Take a time out	Use my care tags	FREE	Be kind to my sister	Let others help me when I am upset
Make myself laugh	Take a deep breath	Relax before bedtime	Keep my hands to myself	Remember: I am smart and fun!
Keep doing awesome in school	Count backwards from 10	Respect others	Yell into a pillow	Find all of the blue items in the room

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Keep my hands to myself	Respect others	Tell someone how I'm feeling	Find all of the blue items in the room	Take a deep breath
Relax before bedtime	Remember: I am smart and fun!	Take a time out	Talk to an adult	Keep doing awesome in school

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