

B	I	N	G	O
Think about happy memories	Arts and Crafts	Go outside	Take a walk	Read
Drawing	Talk to parent	Spend time with family	Count to 10	Take a drink of water
Talk to a friend	Write in a journal	FREE	Dance	Painting
Picture a favorite place	Take space to myself	Play cards	Mindfulness	Sing
Listen to music	Deep breathing	Squeeze my fists & relax	Yoga	Exercise

B	I	N	G	O
Write in a journal	Count to 10	Take a walk	Drawing	Spend time with family
Go outside	Yoga	Read	Deep breathing	Take a drink of water
Picture a favorite place	Dance	FREE	Painting	Arts and Crafts
Mindfulness	Squeeze my fists & relax	Think about happy memories	Exercise	Take space to myself
Play cards	Sing	Talk to a friend	Talk to parent	Listen to music

B	I	N	G	O
Deep breathing	Squeeze my fists & relax	Count to 10	Sing	Dance
Think about happy memories	Picture a favorite place	Play cards	Talk to parent	Read
Talk to a friend	Exercise	FREE	Take space to myself	Mindfulness
Write in a journal	Take a drink of water	Take a walk	Yoga	Go outside
Painting	Arts and Crafts	Spend time with family	Drawing	Listen to music