

B	I	N	G	O
Think a Happy Thought	Ask for a Break	Drink Water	Take Deep Breaths	Read about Something Funny/Interesting
Do 10 Jumping Jacks	Tell yourself \"Calm Down\" \"It Will be OK\"	Scream in Your Hands	Ask to Take a Walk	Tell Yourself Jokes
Write a Poem	Count Colors	FREE	Journal	Listen to Music
Talk to an Adult	Make Another Positive Choice	Sit in the Calm Down Seat	Hit a Pillow or something soft	Run an Errand for your Teacher
Count Numbers Slowly	Talk to a Friend	Do Muscle Exercises	Write a song	Draw a Picture

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Write a Poem	Write a song	Ask to Take a Walk	Make Another Positive Choice	Do 10 Jumping Jacks
Take Deep Breaths	Listen to Music	Drink Water	Run an Errand for your Teacher	Count Colors
Journal	Ask for a Break	FREE	Hit a Pillow or something soft	Sit in the Calm Down Seat
Draw a Picture	Think a Happy Thought	Do Muscle Exercises	Talk to an Adult	Count Numbers Slowly
Read about Something Funny/Interesting	Hum/Sing a Song	Tell Yourself Jokes	Scream in Your Hands	Tell yourself \"Calm Down\" \"It Will be OK\"

B	I	N	G	O
Talk to an Adult	Hit a Pillow or something soft	Write a Poem	Draw a Picture	Take Deep Breaths
Talk to a Friend	Tell Yourself Jokes	Write a song	Make Another Positive Choice	Count Colors
Sit in the Calm Down Seat	Ask to Take a Walk	FREE	Journal	Drink Water
Hum/Sing a Song	Read about Something Funny/Interesting	Count Numbers Slowly	Ask for a Break	Think a Happy Thought
Tell yourself \"Calm Down\" \"It Will be OK\"	Scream in Your Hands	Listen to Music	Run an Errand for your Teacher	Do Muscle Exercises