B	I	N	G	O
Think of Others	Ask for help	Exercise	Sleep Well	Play a game
Drink Water	Take a Self-Break	Read a Book	Check In with Staff	Set a Goal
Take 5 Deep Breaths	Think of Past Successes	**FREE**	Count to 10 then think again	Journal
Keep a Positive Attitude	Stretch	Move away from Problem	Go for a Walk	Positive Self-Talk
Focus on what you CAN Control	Draw	Relax Your Muscles	Use a Stress Ball	Eat Healthy

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B	I	N	G	O
Think of Past Successes	Check In with Staff	Sleep Well	Drink Water	Read a Book
Exercise	Use a Stress Ball	Play a game	Draw	Set a Goal
Keep a Positive Attitude	Count to 10 then think again	**FREE**	Journal	Ask for help
Go for a Walk	Relax Your Muscles	Think of Others	Eat Healthy	Stretch
Move away from Problem	Positive Self-Talk	Take 5 Deep Breaths	Take a Self-Break	Focus on what you CAN Control

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B	I	N	G	O
Draw	Relax Your Muscles	Check In with Staff	Positive Self-Talk	Count to 10 then think again
Think of Others	Keep a Positive Attitude	Move away from Problem	Take a Self-Break	Play a game
Take 5 Deep Breaths	Eat Healthy	**FREE**	Stretch	Go for a Walk
Think of Past Successes	Set a Goal	Sleep Well	Use a Stress Ball	Exercise
Journal	Ask for help	Read a Book	Drink Water	Focus on what you CAN Control

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