

B	I	N	G	O
Tired	Angry	Game	Silly	Mad
Excited	Talk to someone	Read	Color	Safe Place
Squeeze ball	Write	FREE	Cry	Laughing
Lazy	Smile	Listen to music	Hug	Nervous
Happy	Deep breathing	Sad	Yell	Family

B	I	N	G	O
Write	Color	Silly	Excited	Read
Game	Yell	Mad	Deep breathing	Safe Place
Lazy	Cry	FREE	Laughing	Angry
Hug	Sad	Tired	Family	Smile
Listen to music	Nervous	Squeeze ball	Talk to someone	Happy

B	I	N	G	O
Deep breathing	Sad	Color	Nervous	Cry
Tired	Lazy	Listen to music	Talk to someone	Mad
Squeeze ball	Family	FREE	Smile	Hug
Write	Safe Place	Silly	Yell	Game
Laughing	Angry	Read	Excited	Happy