

B	I	N	G	O
Watch TV	Arts and crafts	Go outside	Take a time out	Say \"okay\" and walk away
Drawing	Think about something funny	Self-talk	Count to 10	Stop and think
Talk to your teacher	Write in a journal	FREE	Dance	Play cards
Play with your pet	Talk to family	Read	Play a video game	Scream into a pillow
Listen to music	Deep breathing	Squeeze your fists together	talk to a friend	Go for a walk

B	I	N	G	O
Write in a journal	Count to 10	Take a time out	Drawing	Self-talk
Go outside	talk to a friend	Say \"okay\" and walk away	Deep breathing	Stop and think
Play with your pet	Dance	FREE	Play cards	Arts and crafts
Play a video game	Squeeze your fists together	Watch TV	Go for a walk	Talk to family
Read	Scream into a pillow	Talk to your teacher	Think about something funny	Listen to music

B	I	N	G	O
Deep breathing	Squeeze your fists together	Count to 10	Scream into a pillow	Dance
Watch TV	Play with your pet	Read	Think about something funny	Say \"okay\" and walk away
Talk to your teacher	Go for a walk	FREE	Talk to family	Play a video game
Write in a journal	Stop and think	Take a time out	talk to a friend	Go outside
Play cards	Arts and crafts	Self-talk	Drawing	Listen to music