

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

B	I	N	G	O
Watch TV	Count to 10	Take a time out	Drawing	Self-talk
Go outside	Write in a journal	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	Think about something funny	Go for a walk	Talk to a friend
Read	Scream into a pillow	Talk to family	Talk to your teacher	Listen to music

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