

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

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

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