

B	I	N	G	O
walk away	apologize	go outside	take deep breaths	play with toys/legos
draw	think of something happy	relax	color	suck on your tongue
talk to someone	watch TV	FREE	count	play Xbox
play on iPad/tablet	talk to self	play with a friend	listen to music	read
go to room	do a good deed	sleep	write a story	eat something good

B	I	N	G	O
watch TV	color	take deep breaths	draw	relax
go outside	write a story	play with toys/legos	do a good deed	suck on your tongue
play on iPad/tablet	count	FREE	play Xbox	apologize
listen to music	sleep	walk away	eat something good	talk to self
play with a friend	read	talk to someone	think of something happy	go to room

B	I	N	G	O
do a good deed	sleep	color	read	count
walk away	play on iPad/tablet	play with a friend	think of something happy	play with toys/legos
talk to someone	eat something good	FREE	talk to self	listen to music
watch TV	suck on your tongue	take deep breaths	write a story	go outside
play Xbox	apologize	relax	draw	go to room