

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

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

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