B	I	N	G	O
smile at a peer	Introduce yourself	favorite food	name an adult you trust	laugh
count to 5 slowly	shake hands with a peer	make a sad face	Take a deep breath	practice shoulder rolls
take a stretch break	ask a peer 2 questions	**FREE**	favorite movie	give a peer a high five
practice asking for a break	introduce a peer	make an angry face	favorite game	make a happy face
ask a peer a question	name one calm down strategy	favorite TV show	wave at a peer	favorite class

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B	I	N	G	O
take a stretch break	wave at a peer	Take a deep breath	introduce a peer	count to 5 slowly
name an adult you trust	give a peer a high five	favorite food	make a happy face	ask a peer 2 questions
favorite movie	Introduce yourself	**FREE**	favorite game	make an angry face
favorite class	smile at a peer	favorite TV show	practice asking for a break	ask a peer a question
laugh	favorite movie	practice shoulder rolls	make a sad face	shake hands with a peer

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B	I	N	G	O
practice asking for a break	favorite game	take a stretch break	favorite class	name an adult you trust
name one calm down strategy	practice shoulder rolls	wave at a peer	introduce a peer	ask a peer 2 questions
make an angry face	Take a deep breath	**FREE**	favorite movie	favorite food
favorite movie	laugh	ask a peer a question	Introduce yourself	smile at a peer
shake hands with a peer	make a sad face	give a peer a high five	make a happy face	favorite TV show

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