B	I	N	G	O
Watch TV	Apologize	Lay in bed	Take deep breaths	Play with legos
Go outside	Think of something else	Read	Call a friend	Sleep
Think happy thoughts	Watch Youtube videos	**FREE**	Draw	Play Xbox
Play football	Talk to someone	Play with brother or sister	Make something	Play with pets
Listen to music	Eat	Relax	Write about it	Ignore/walk away

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B	I	N	G	O
Watch Youtube videos	Call a friend	Take deep breaths	Go outside	Read
Lay in bed	Write about it	Play with legos	Eat	Sleep
Play football	Draw	**FREE**	Play Xbox	Apologize
Make something	Relax	Watch TV	Ignore/walk away	Talk to someone
Play with brother or sister	Play with pets	Think happy thoughts	Think of something else	Listen to music

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B	I	N	G	O
Eat	Relax	Call a friend	Play with pets	Draw
Watch TV	Play football	Play with brother or sister	Think of something else	Play with legos
Think happy thoughts	Ignore/walk away	**FREE**	Talk to someone	Make something
Watch Youtube videos	Sleep	Take deep breaths	Write about it	Lay in bed
Play Xbox	Apologize	Read	Go outside	Listen to music

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