

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

B	I	N	G	O
Watch Youtube videos	Draw	Take deep breaths	Go outside	Read
Lay in bed	Write about it	Play with legos	Exercise	Sleep
Play football	Eat	FREE	Play Xbox	Call a friend
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

B	I	N	G	O
Exercise	Relax	Draw	Play with pets	Eat
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	Call a friend	Read	Go outside	Listen to music