B	I	N	G	O
Talk to someone	24. Take a break	Count to 3	Squeeze stress ball	Play a game
Cool down silly willy	Take a timeout	Scream in your pillow	Bunny hop	Sing a song
Take a deep breath	Think happy thoughts	**FREE**	Choose to be HAPPY	Keep your hands to yourself
Listen to music	Stop and think about your actions	Make good choices	Excercise	SEA Method
Draw a picture	Close your eyes go to your happy place	Shake it off	Watch me whip watch me nae nae	Count to 10

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B	I	N	G	O
Think happy thoughts	Bunny hop	Squeeze stress ball	Cool down silly willy	Scream in your pillow
Count to 3	Watch me whip watch me nae nae	Play a game	Close your eyes go to your happy place	Sing a song
Listen to music	Choose to be HAPPY	**FREE**	Keep your hands to yourself	24. Take a break
Excercise	Shake it off	Talk to someone	Count to 10	Stop and think about your actions
Make good choices	SEA Method	Take a deep breath	Take a timeout	Draw a picture

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B	I	N	G	O
Close your eyes go to your happy place	Shake it off	Bunny hop	SEA Method	Choose to be HAPPY
Talk to someone	Listen to music	Make good choices	Take a timeout	Play a game
Take a deep breath	Count to 10	**FREE**	Stop and think about your actions	Excercise
Think happy thoughts	Sing a song	Squeeze stress ball	Watch me whip watch me nae nae	Count to 3
Keep your hands to yourself	24. Take a break	Scream in your pillow	Cool down silly willy	Draw a picture

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