B	I	N	G	O
Watch TV	Calm-Down Bottle	Get a drink	Talk to teachers	Read
Draw a picture	Visit your family	Take a walk	Count to 10	Use self-talk
Watch a movie	Dance	**FREE**	Hug someone	Listen to music
Think happy thoughts	Play cards	Talk to a friend	Go outside	Relax
Deep breathing	Think about loved ones	Drawing	Write in a journal	Excercise

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B	I	N	G	O
Watch a movie	Write in a journal	Count to 10	Play cards	Draw a picture
Talk to teachers	Listen to music	Get a drink	Relax	Dance
Hug someone	Calm-Down Bottle	**FREE**	Go outside	Talk to a friend
Excercise	Watch TV	Drawing	Think happy thoughts	Deep breathing
Read	Help a friend	Use self-talk	Take a walk	Visit your family

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B	I	N	G	O
Think happy thoughts	Go outside	Watch a movie	Excercise	Talk to teachers
Think about loved ones	Use self-talk	Write in a journal	Play cards	Dance
Talk to a friend	Count to 10	**FREE**	Hug someone	Get a drink
Help a friend	Read	Deep breathing	Calm-Down Bottle	Watch TV
Visit your family	Take a walk	Listen to music	Relax	Drawing

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