

B	I	N	G	O
take a time out	Deep breathing	Count to 10	Talk to a friend	quiet room
go noodle	Read a book	stretching	make funny faces	square breathing
take a walk	Go outside	FREE	jumping jacks	count backward
count to 10	sing loudly	finger breathing	punch a pillow	square breathing
Write in a journal	imagine your safe place	Talk to staff	Listen to music	Drawing

B	I	N	G	O
square breathing	Listen to music	read a book	count backward	Go outside
count to 10	stretching	Drawing	take a walk	Deep breathing
jumping jacks	quiet room	FREE	imagine your safe place	exercise
go noodle	Read a book	Talk to a friend	muscle relaxation	talk to staff
make funny faces	sing loudly	Play a game	punch a pillow	Count to 10

B	I	N	G	O
finger breathing	Read a book	jumping jacks	take a time out	Listen to music
talk with an adult	talk to staff	Take a time out	Drawing	quiet room
make funny faces	Take a walk	FREE	Deep breathing	take a walk
go noodle	Play a game	count to 10	Talk to a friend	Go outside
count backward	Write in a journal	punch a pillow	muscle relaxation	sing loudly