

B	I	N	G	O
Think about your favorite holiday	Ask yourself if it will matter in a week	Do Yoga	Talk with a parent	Read
Daydream about future	Think about people you love	Stretch	Check your pulse	Talk with a friend
Think about good things you've done	Think about your favorite superhero	FREE	Count to 10	Listen to music
Play a board game	Think about eating your favorite food	Play with clay	Go Outside	Stand on your tip toes
Draw	Dance	Take a walk	Watch a movie	Deep Breathing

B	I	N	G	O
Think about your favorite superhero	Check your pulse	Talk with a parent	Daydream about future	Stretch
Do Yoga	Watch a movie	Read	Dance	Talk with a friend
Play a board game	Count to 10	FREE	Listen to music	Ask yourself if it will matter in a week
Go Outside	Take a walk	Think about your favorite holiday	Deep Breathing	Think about eating your favorite food
Play with clay	Stand on your tip toes	Think about good things you've done	Think about people you love	Draw

B	I	N	G	O
Dance	Take a walk	Check your pulse	Stand on your tip toes	Count to 10
Think about your favorite holiday	Play a board game	Play with clay	Think about people you love	Read
Think about good things you've done	Deep Breathing	FREE	Think about eating your favorite food	Go Outside
Think about your favorite superhero	Talk with a friend	Talk with a parent	Watch a movie	Do Yoga
Listen to music	Ask yourself if it will matter in a week	Stretch	Daydream about future	Draw