

B	I	N	G	O
Triangle breathing	Arts and Crafts	Go outside	Squeeze your fists together	STOP & THINK
Deep breathing	Think about a fun time you've had	Scream into a pillow	Cook	Talk to family
Watch TV	Count to 10	FREE	Play cards	Play with your pet
Talk to a friend	Read	Self-talk	Imagine yourself some place else	Say \"okay\" and walk away
Dance	Take a time out	Drawing	Write in a journal	Go for a walk

B	I	N	G	O
Watch TV	Write in a journal	Cook	Read	Deep breathing
Squeeze your fists together	Play with your pet	Go outside	Say \"okay\" and walk away	Count to 10
Play cards	Arts and Crafts	FREE	Imagine yourself some place else	Self-talk
Go for a walk	Triangle breathing	Drawing	Talk to a friend	Dance
STOP & THINK	Listen to music	Talk to family	Scream into a pillow	Think about a fun time you've had

B	I	N	G	O
Talk to a friend	Imagine yourself some place else	Watch TV	Go for a walk	Squeeze your fists together
Take a time out	Talk to family	Write in a journal	Read	Count to 10
Self-talk	Cook	FREE	Play cards	Go outside
Listen to music	STOP & THINK	Dance	Arts and Crafts	Triangle breathing
Think about a fun time you've had	Scream into a pillow	Play with your pet	Say \"okay\" and walk away	Drawing