

B	I	N	G	O
Talking to a friend	Breathing technique	Getting yelled at	Playing sports	Not eating
Getting embarrassed	Stress	People ignoring me	Criticizing	People not taking me serious
Riding a bike	Writing	FREE SPACE!	Drawing/Painting	Having to do things all over
Listening to music	Reading	Name calling	Having a bad day at school	Not sleeping
Going for walks	Feeling disrespected	People making fun of me	Yoga	Getting lied to

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Writing	Criticizing	Playing sports	Getting embarrassed	People ignoring me
Getting yelled at	Yoga	Not eating	Feeling disrespected	People not taking me serious
Listening to music	Drawing/Painting	FREE SPACE!	Having to do things all over	Breathing technique
Having a bad day at school	People making fun of me	Talking to a friend	Getting lied to	Reading
Name calling	Not sleeping	Riding a bike	Stress	Going for walks

B	I	N	G	O
Feeling disrespected	People making fun of me	Criticizing	Not sleeping	Drawing/Painting
Talking to a friend	Listening to music	Name calling	Stress	Not eating
Riding a bike	Getting lied to	FREE SPACE!	Reading	Having a bad day at school
Writing	People not taking me serious	Playing sports	Yoga	Getting yelled at
Having to do things all over	Breathing technique	People ignoring me	Getting embarrassed	Going for walks