

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to Mom or Dad	Play with friends
Drawing	Think about loved ones	Stress balls	Count to 10	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Dance	Painting
Play cards	Talk to a friend	Play games on iPad	Listen to music	Read
Help a friend	Deep breathing	Take a walk	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Talk to Mom or Dad	Drawing	Stress balls
Go outside	Write in a journal	Play with friends	Deep breathing	Take space
Play cards	Dance	FREE SPACE!	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Exercise	Talk to a friend
Play games on iPad	Read	Think about happy memories	Think about loved ones	Help a friend

B	I	N	G	O
Deep breathing	Take a walk	Count to 10	Read	Dance
Watch TV	Play cards	Play games on iPad	Think about loved ones	Play with friends
Think about happy memories	Exercise	FREE SPACE!	Talk to a friend	Listen to music
Watch a movie	Take space	Talk to Mom or Dad	Write in a journal	Go outside
Painting	Arts and Crafts	Stress balls	Drawing	Help a friend