

B	I	N	G	O
Watch TV	Ask for a break	Exercise	Think about happy memories	Take a time out
Deep breathing	Visit your family	Talk to a friend	Blow Bubbles	Talk to staff
Use a fidget	Watch a movie	FREE	Count to 10	Painting
Play cards	Think about loved ones	Read	Listen to music	Take a walk
Go outside	Dance	Talk to a teacher	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Blow Bubbles	Think about happy memories	Deep breathing	Talk to a friend
Exercise	Write in a journal	Take a time out	Dance	Talk to staff
Play cards	Count to 10	FREE	Painting	Ask for a break
Listen to music	Talk to a teacher	Watch TV	Drawing	Think about loved ones
Read	Take a walk	Use a fidget	Visit your family	Go outside

B	I	N	G	O
Dance	Talk to a teacher	Blow Bubbles	Take a walk	Count to 10
Watch TV	Play cards	Read	Visit your family	Take a time out
Use a fidget	Drawing	FREE	Think about loved ones	Listen to music
Watch a movie	Talk to staff	Think about happy memories	Write in a journal	Exercise
Painting	Ask for a break	Talk to a friend	Deep breathing	Go outside