

B	I	N	G	O
watch TV	arts and crafts	go outside	talk to a friend	sing
draw	think about loved ones	take a bath of shower	count to 10	take space
think about happy memories	watch a movie	FREE	dance	paint
play cards	talk to a parent	read	listen to music	stress ball
help a friend	deep breathing	take a walk	write in journal	exercise

B	I	N	G	O
watch a movie	count to 10	talk to a friend	draw	take a bath or shower
go outside	write in journal	sing	deep breathing	take space
play cards	dance	FREE	paint	arts and crafts
listen to music	take a walk	watch TV	exercise	talk to a parent
read	stress ball	think about happy memories	think about loved ones	help a friend

B	I	N	G	O
deep breathing	take a walk	count to 10	stress ball	dance
watch TV	play cards	read	think about loved ones	sing
think about happy memories	exercise	FREE	talk to a parent	listen to music
watch a movie	take space	talk to a friend	write in journal	go outside
paint	arts and crafts	take a bath of shower	draw	help a friend