

B	I	N	G	O
Walking Away	Chicken fingers	Call a friend	Go outside	Singing
Playing Basketball	Counting to 10	Taking space	Positive Self-Talk	Deep Breathing
Reading	Taking a nap	FREE SPACE!	Communicating	Positive Imagery
Journaling	Listening to music	Swimming	Muscle Relaxation	Processing
Take a shower	Grounding	Going for a walk	Playing Outside	Going for a bike ride

B	I	N	G	O
Communicating	Counting Backwards	Positive Imagery	Playing Basketball	Muscle Relaxation
Coloring	Taking a nap	Singing	Journaling	Listening to music
Taking space	Chicken fingers	FREE SPACE!	Walking Away	Playing Outside
Mindfulness	Deep Breathing	Going for a bike ride	Processing	Watching a movie
Reading	Positive Self-Talk	Take a shower	Counting to 10	Call a friend

B	I	N	G	O
Muscle Relaxation	Counting to 10	Positive Imagery	Talk to a pet	Communicating
Writing a poem	Watching a movie	Deep Breathing	Coloring	Singing
Positive Self-Talk	Go outside	FREE SPACE!	Chicken fingers	Walking Away
Playing Basketball	Reading	Listening to music	Journaling	Going for a walk
Processing	Take a shower	Mindfulness	Call a friend	Counting Backwards