

B	I	N	G	O
Watch TV	Color	Go outside	Think about loved ones	Take a walk
Drawing	Walk Away	Talk to a friend	Count to 10	Think about happy memories
Visit your family	Watch a movie	FREE	Dance	Read
Take a nap	Video Games	Take a time out	Play cards	Talk to a Teacher
Listen to music	Deep breathing	Talk to staff	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Think about loved ones	Drawing	Talk to a friend
Go outside	Write in a journal	Take a walk	Deep breathing	Think about happy memories
Take a nap	Dance	FREE	Read	Color
Play cards	Talk to staff	Watch TV	Exercise	Video Games
Take a time out	Talk to a Teacher	Visit your family	Walk Away	Listen to music

B	I	N	G	O
Deep breathing	Talk to staff	Count to 10	Talk to a Teacher	Dance
Watch TV	Take a nap	Take a time out	Walk Away	Take a walk
Visit your family	Exercise	FREE	Video Games	Play cards
Watch a movie	Think about happy memories	Think about loved ones	Write in a journal	Go outside
Read	Color	Talk to a friend	Drawing	Listen to music