

B	I	N	G	O
Think of good things in life	Compromise	Deep breathing	Rest	Listen
Count to 10	Talk about it	Read	Concentrate on something else	Respect the person
Solutions	Walk away	FREE SPACE!	Cool down	Effective Communication
Exercise	Self-control	Journal	Eat Healthy	Play a sport or game
Draw	Counseling	Relax	Yell	Create Music

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Walk away	Concentrate on something else	Rest	Count to 10	Read
Deep breathing	Yell	Listen	Counseling	Respect the person
Exercise	Cool down	FREE SPACE!	Effective Communication	Compromise
Eat Healthy	Relax	Think of good things in life	Create Music	Self-control
Journal	Play a sport or game	Solutions	Talk about it	Draw

B	I	N	G	O
Counseling	Relax	Concentrate on something else	Play a sport or game	Cool down
Think of good things in life	Exercise	Journal	Talk about it	Listen
Solutions	Create Music	FREE SPACE!	Self-control	Eat Healthy
Walk away	Respect the person	Rest	Yell	Deep breathing
Effective Communication	Compromise	Read	Count to 10	Draw