

B	I	N	G	O
Think happy thoughts	Afraid	Excited	Take a break	Happy
Count to 10	Talk to an adult	Positive self talk	Angry	Stop and think
Talk to Ms. Tammy	Turtle	FREE	Blow out candles	Get help
Go to a quiet place	Take a deep breath	Grumpy	Frustrated	Nervous
Exercise	Confused	Sad	Worried	Draw

B	I	N	G	O
Turtle	Angry	Take a break	Count to 10	Positive self talk
Excited	Worried	Happy	Confused	Stop and think
Go to a quiet place	Blow out candles	FREE	Get help	Afraid
Frustrated	Sad	Think happy thoughts	Draw	Take a deep breath
Grumpy	Nervous	Talk to Ms. Tammy	Talk to an adult	Exercise

B	I	N	G	O
Confused	Sad	Angry	Nervous	Blow out candles
Think happy thoughts	Go to a quiet place	Grumpy	Talk to an adult	Happy
Talk to Ms. Tammy	Draw	FREE	Take a deep breath	Frustrated
Turtle	Stop and think	Take a break	Worried	Excited
Get help	Afraid	Positive self talk	Count to 10	Exercise