

B	I	N	G	O
Talk with Peers	Count to Ten	Have a Piece of Fruit	Sing	Play a Sport
Drink Water	Take a Nap	Random Act of Kindness	Do Push-Ups	Set a Goal
Take Space in your Room	Use a Stress Ball	FREE	Do Yoga	Listen to Music
Make a Music Playlist	Take 10 Deep Breaths	Play a Game	Laugh	Process with Staff
Journal	Draw	Read a Book	Watch a Funny Movie	Go for a Process Walk

B	I	N	G	O
Use a Stress Ball	Do Push-Ups	Sing	Drink Water	Random Act of Kindness
Have a Piece of Fruit	Watch a Funny Movie	Play a Sport	Draw	Set a Goal
Make a Music Playlist	Do Yoga	FREE	Listen to Music	Count to Ten
Laugh	Read a Book	Talk with Peers	Go for a Process Walk	Take 10 Deep Breaths
Play a Game	Process with Staff	Take Space in your Room	Take a Nap	Journal

B	I	N	G	O
Draw	Read a Book	Do Push-Ups	Process with Staff	Do Yoga
Talk with Peers	Make a Music Playlist	Play a Game	Take a Nap	Play a Sport
Take Space in your Room	Go for a Process Walk	FREE	Take 10 Deep Breaths	Laugh
Use a Stress Ball	Set a Goal	Sing	Watch a Funny Movie	Have a Piece of Fruit
Listen to Music	Count to Ten	Random Act of Kindness	Drink Water	Journal