

B	I	N	G	O
Use a Stress Ball	Eat Healthy	Get Help	Sing	Make a Playlist
Exercise	Understand how you feel	Perform a Random Act of Kindness	Enjoy Nature	Say Positive Things
Talk to a trusted adult	Watch a Movie	FREE	Take Care of Yourself	Hang out with friends
Keep a positive attitude	Take 10 Deep Breaths	Laugh	Hang out with friends	Paint
Go for a Walk	Do Yoga	Play a Game	Write a Story or Poem	Get Away from the Problem

B	I	N	G	O
Watch a Movie	Enjoy Nature	Sing	Exercise	Perform a Random Act of Kindness
Get Help	Write a Story or Poem	Make a Playlist	Do Yoga	Say Positive Things
Keep a positive attitude	Take Care of Yourself	FREE	Hang out with friends	Eat Healthy
Hang out with friends	Play a Game	Use a Stress Ball	Get Away from the Problem	Take 10 Deep Breaths
Laugh	Paint	Talk to a trusted adult	Understand how you feel	Go for a Walk

B	I	N	G	O
Do Yoga	Play a Game	Enjoy Nature	Paint	Take Care of Yourself
Use a Stress Ball	Keep a positive attitude	Laugh	Understand how you feel	Make a Playlist
Talk to a trusted adult	Get Away from the Problem	FREE	Take 10 Deep Breaths	Hang out with friends
Watch a Movie	Say Positive Things	Sing	Write a Story or Poem	Get Help
Hang out with friends	Eat Healthy	Perform a Random Act of Kindness	Exercise	Go for a Walk