

B	I	N	G	O
walk away	breathe	play	squeeze a stress ball	read
listen to music	talk to someone	sit down	drink pop	snuggle with my cat
take 3 deep breaths	watch TV	FREE	go outside	play video games
play with my dog	stay in a room	punch my punching bag	play games	scream in a pillow
play alone	lay down	sleep	watch YouTube	pet my dog

B	I	N	G	O
watch TV	drink pop	squeeze a stress ball	listen to music	sit down
play	watch YouTube	read	lay down	snuggle with my cat
play with my dog	go outside	FREE	play video games	breathe
play games	sleep	walk away	pet my dog	stay in a room
punch my punching bag	scream in a pillow	take 3 deep breaths	talk to someone	play alone

B	I	N	G	O
lay down	sleep	drink pop	scream in a pillow	go outside
walk away	play with my dog	punch my punching bag	talk to someone	read
take 3 deep breaths	pet my dog	FREE	stay in a room	play games
watch TV	snuggle with my cat	squeeze a stress ball	watch YouTube	play
play video games	breathe	sit down	listen to music	play alone