

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

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

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