

B	I	N	G	O
Suspension	Accident Prone	Draw A Picture	Listen to Music	Feel depressed
Clenched Fists	Sadness	Headache	Angry for no reason	Rapid Heart Beat
Trouble Speaking	Anxiety	FREE	Go for a Walk	Eat too much
Break things	Family Issues	Lose Points	Feel Emotional	Learn Your Triggers
Not Belonging	Eat too little	Dry Throat or Mouth	Forget things	Break out in tears

B	I	N	G	O
Go for a Walk	Feel depressed	Anxiety	Rapid Heart Beat	Break out in tears
Lose Points	Eat too much	Family Issues	Sadness	Angry for no reason
Trouble Speaking	Listen to Music	FREE	Forget things	Clenched Fists
Draw A Picture	Headache	Not Belonging	Break things	Learn Your Triggers
Accident Prone	Suspension	Use Positive Words	Detention	Dry Throat or Mouth

B	I	N	G	O
Go for a Walk	Clenched Fists	Learn Your Triggers	Detention	Angry for no reason
Accident Prone	Use Positive Words	Draw A Picture	Trouble Speaking	Break things
Sadness	Not Belonging	FREE	Feel Emotional	Listen to Music
Break out in tears	Forget things	Family Issues	Eat too much	Anxiety
Rapid Heart Beat	Feel depressed	Dry Throat or Mouth	Headache	Suspension