

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Think about happy memories	Running
Drawing	Visit your family	Take a walk	Count to 10	Talk to a teacher
Use a stress ball	Watch a movie	FREE	Dance	Painting
Play cards	Think about loved ones	Read	Listen to music	Take a time out
Help a friend	Deep breathing	Talk to a friend	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Think about happy memories	Drawing	Take a walk
Go outside	Write in a journal	Running	Deep breathing	Talk to a teacher
Play cards	Dance	FREE	Painting	Arts and Crafts
Listen to music	Talk to a friend	Watch TV	Exercise	Think about loved ones
Read	Take a time out	Use a stress ball	Visit your family	Help a friend

B	I	N	G	O
Deep breathing	Talk to a friend	Count to 10	Take a time out	Dance
Watch TV	Play cards	Read	Visit your family	Running
Use a stress ball	Exercise	FREE	Think about loved ones	Listen to music
Watch a movie	Talk to a teacher	Think about happy memories	Write in a journal	Go outside
Painting	Arts and Crafts	Take a walk	Drawing	Help a friend