B	I	N	G	O
walk away	go outside	play by myself	squeeze a stress ball	scream in my pillow
pet my dogs	take deep breaths	sleep	go to a cool down spot	snuggle with cats
take 3 deep breaths	watch TV	**FREE**	lay down	play video games
punch my punching bag	stay in my room	read	play video games	sit down
play on my phone	listen to music	snake breathing	watch Youtube	play

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
watch TV	go to a cool down spot	squeeze a stress ball	pet my dogs	sleep
play by myself	watch Youtube	scream in my pillow	listen to music	snuggle with cats
punch my punching bag	lay down	**FREE**	play video games	go outside
play video games	snake breathing	walk away	play	stay in my room
read	sit down	take 3 deep breaths	take deep breaths	play on my phone

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
listen to music	snake breathing	go to a cool down spot	sit down	lay down
walk away	punch my punching bag	read	take deep breaths	scream in my pillow
take 3 deep breaths	play	**FREE**	stay in my room	play video games
watch TV	snuggle with cats	squeeze a stress ball	watch Youtube	play by myself
play video games	go outside	sleep	pet my dogs	play on my phone

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved