

B	I	N	G	O
Think about happy memories	Arts and Crafts	Finger Pinch	Stop and Think	Play Dough/Silly Putty
Draw/color	Talk to a friend	Play cards	Cook or Clean	Read
Take a walk	Visit your family/friends	FREE	Count to 100	Help a friend
Imagine a Calm Place	Take a time out	Listen to music	Go outside	Play a Sport
Get a massage/take a bath	Deep Breathing	Puzzles	Write in a journal	Exercise

B	I	N	G	O
Visit your family/friends	Cook or Clean	Stop and Think	Draw/color	Play cards
Finger Pinch	Write in a journal	Play Dough/Silly Putty	Deep Breathing	Read
Imagine a Calm Place	Count to 100	FREE	Help a friend	Arts and Crafts
Go outside	Puzzles	Think about happy memories	Excerise	Take a time out
Listen to music	Play a Sport	Take a walk	Talk to a friend	Get a massage/take a bath

B	I	N	G	O
Deep Breathing	Puzzles	Cook or Clean	Play a Sport	Count to 100
Think about happy memories	Imagine a Calm Place	Listen to music	Talk to a friend	Play Dough/Silly Putty
Take a walk	Exercise	FREE	Take a time out	Go outside
Visit your family/friends	Read	Stop and Think	Write in a journal	Finger Pinch
Help a friend	Arts and Crafts	Play cards	Draw/color	Get a massage/take a bath