

B	I	N	G	O
Talk to a friend	Ask for a hug	Deep breathing	Squeeze hands together	Pinwheel
Crafts	Take a break	Play your favorite game	Bear hugs	Sing
Stretch	Think of a happy place	FREE	Bubbles	Jumping
Listen to music	Stress ball	Painting	Hug a stuffed animal	Play doh
Drawing	Count to 10	Pull hands apart	Yoga	Dance

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Think of a happy place	Bear hugs	Squeeze hands together	Crafts	Play your favorite game
Deep breathing	Yoga	Pinwheel	Count to 10	Sing
Listen to music	Bubbles	FREE	Jumping	Ask for a hug
Hug a stuffed animal	Pull hands apart	Talk to a friend	Dance	Stress ball
Painting	Play doh	Stretch	Take a break	Drawing

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Count to 10	Pull hands apart	Bear hugs	Play doh	Bubbles
Talk to a friend	Listen to music	Painting	Take a break	Pinwheel
Stretch	Dance	FREE	Stress ball	Hug a stuffed animal
Think of a happy place	Sing	Squeeze hands together	Yoga	Deep breathing
Jumping	Ask for a hug	Play your favorite game	Crafts	Drawing