

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Take a walk	Play video games
Deep breathing	Walk away	STOP-THINK-ACT	Cooking	Take a time out
Think about happy memories	Watch a movie	FREE	Count to 10	Painting
Play cards	Talk to a friend	Play sports with friends	Listen to music	Read
Go outside	Dance	Squeeze a stress ball	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Take a walk	Deep breathing	STOP-THINK-ACT
Excerise	Write in a journal	Play video games	Dance	Take a time out
Play cards	Count to 10	FREE	Painting	Arts and Crafts
Listen to music	Squeeze a stress ball	Watch TV	Drawing	Talk to a friend
Play sports with friends	Read	Think about happy memories	Walk away	Go outside

B	I	N	G	O
Dance	Squeeze a stress ball	Cooking	Read	Count to 10
Watch TV	Play cards	Play sports with friends	Walk away	Play video games
Think about happy memories	Drawing	FREE	Talk to a friend	Listen to music
Watch a movie	Take a time out	Take a walk	Write in a journal	Excerise
Painting	Arts and Crafts	STOP-THINK-ACT	Deep breathing	Go outside