

B	I	N	G	O
Talk to someone	Angry	Happy	Sad	Listen to music
Excited	Smile	Nervous	Calm	Release
Silly	Write	FREE	Cry	Joy
Laughing	Safe Place	Lazy	Hug	Mad
Hit the Bag	Deep breathing	Read	Yell	Family

B	I	N	G	O
Write	Calm	Sad	Excited	Nervous
Happy	Yell	Listen to music	Deep breathing	Release
Laughing	Cry	FREE	Joy	Angry
Hug	Read	Talk to someone	Family	Safe Place
Lazy	Mad	Silly	Smile	Hit the Bag

B	I	N	G	O
Deep breathing	Read	Calm	Mad	Cry
Talk to someone	Laughing	Lazy	Smile	Listen to music
Silly	Family	FREE	Safe Place	Hug
Write	Release	Sad	Yell	Happy
Joy	Angry	Nervous	Excited	Hit the Bag