

Calming Bingo

Take a drink of water	Ask for a hug	Do an animal walk	Sing a song	Jump of a trampoline
Dance	Take 5 deep breaths	Make a silly face in a mirror	Blow bubbles	Read a book
Smell a flower	Wrap yourself in a blanket	FREE	Close your eyes	Go for a walk
Go to a quiet place	Sing the ABCs	Hum a song	Draw a picture	Listen to music
Do yogo	Count to 10	Paint a picture	take a bubble bath	Do a puzzle

Calming Bingo

Wrap yourself in a blanket	Blow bubbles	Sing a song	Dance	Make a silly face in a mirror
Do an animal walk	take a bubble bath	Jump of a trampoline	Count to 10	Read a book
Go to a quiet place	Close your eyes	FREE	Go for a walk	Ask for a hug
Draw a picture	Paint a picture	Take a drink of water	Do a puzzle	Sing the ABCs
Hum a song	Listen to music	Smell a flower	Take 5 deep breaths	Do yogo

Calming Bingo

Count to 10	Paint a picture	Blow bubbles	Listen to music	Close your eyes
Take a drink of water	Go to a quiet place	Hum a song	Take 5 deep breaths	Jump of a trampoline
Smell a flower	Do a puzzle	FREE	Sing the ABCs	Draw a picture
Wrap yourself in a blanket	Read a book	Sing a song	take a bubble bath	Do an animal walk
Go for a walk	Ask for a hug	Make a silly face in a mirror	Dance	Do yogo