

B	I	N	G	O
Try something different	Color your feelings	Journal	Take deep breaths	Read a book
Go shopping	Think "I'll be okay"	Role-Play	Count to 10	See a movie
Think Happy thoughts	Use Imagery	FREE	Dance	Playing a game
Go for a walk	Playing with SLIME	Talk to a friend	Practice Yoga	Talk to an adult
Painting	Ride a bike	Listen to music	Eat a healthy snack	Say "I'll be okay"

B	I	N	G	O
Use Imagery	Talk to a friend	See a movie	Say "I'll be okay"	Talk to an adult
Dance	Go for a walk	Read a book	Go shopping	Ride a bike
Count to 10	Play a game	FREE	Color your feelings	Practice Yoga
Try something different	Eat a healthy snack	Use mindfulness apps	Take deep breaths	Role-Play
Journal	Playing a game	Playing with SLIME	Painting	Think "I'll be okay"

B	I	N	G	O
Go shopping	Talk to an adult	Playing with SLIME	Take deep breaths	Color your feelings
Use Imagery	See a movie	Journal	Go for a walk	Ride a bike
Playing a game	Play a game	FREE	Dance	Count to 10
Eat a healthy snack	Think Happy thoughts	Read a book	Listen to music	Say "I'll be okay"
Think "I'll be okay"	Try something different	Practice Yoga	Painting	Hang out with friends