

B	I	N	G	O
Understand the situation	Apologize	Draw/Paint	Talk it out	Listening
Communicate	Try to think of a solution together	Practice self control	Ask for someone else to help	Take a deep breath
Think about consequences	Walk away	FREE	Avoid negative situations and peers	Ignore the problem
Journal	Talk to a friend	Listen to music	Identify feelings and express them	Play sports
Go for a walk	Be responsible for my choices	Stay calm	Work Together	Count to ten

B	I	N	G	O
Walk away	Ask for someone else to help	Talk it out	Communicate	Practice self control
Draw/Paint	Work Together	Listening	Be responsible for my choices	Take a deep breath
Journal	Avoid negative situations and peers	FREE	Ignore the problem	Apologize
Identify feelings and express them	Stay calm	Understand the situation	Count to ten	Talk to a friend
Listen to music	Play sports	Think about consequences	Try to think of a solution together	Go for a walk

B	I	N	G	O
Be responsible for my choices	Stay calm	Ask for someone else to help	Play sports	Avoid negative situations and peers
Understand the situation	Journal	Listen to music	Try to think of a solution together	Listening
Think about consequences	Count to ten	FREE	Talk to a friend	Identify feelings and express them
Walk away	Take a deep breath	Talk it out	Work Together	Draw/Paint
Ignore the problem	Apologize	Practice self control	Communicate	Go for a walk