B	I	N	G	O
Take a 5 Minute Break	Ask For A Hug	Cry	Rip Paper	Muscle Relaxation
Color	Swing	Pet the Dog	Bounce A Ball	Push The Wall
Stretch	Talk To An Adult	FREE SPACE!	Breathing	Go To A Quiet Place
Hold Ice In My Hand	Squeeze the Lemon	Jump Up and Down	Go Outside	Name All the Pokémon
Drink Cold Water	Cold Water On My Hand	Play Cards	Use the Rocking Chair	Count to 50

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B	I	N	G	O
Talk To An Adult	Bounce A Ball	Rip Paper	Color	Pet the Dog
Cry	Use the Rocking Chair	Muscle Relaxation	Cold Water On My Hand	Push The Wall
Hold Ice In My Hand	Breathing	FREE SPACE!	Go To A Quiet Place	Ask For A Hug
Go Outside	Play Cards	Take a 5 Minute Break	Count to 50	Squeeze the Lemon
Jump Up and Down	Name All the Pokémon	Stretch	Swing	Drink Cold Water

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B	I	N	G	O
Cold Water On My Hand	Play Cards	Bounce A Ball	Name All the Pokémon	Breathing
Take a 5 Minute Break	Hold Ice In My Hand	Jump Up and Down	Swing	Muscle Relaxation
Stretch	Count to 50	FREE SPACE!	Squeeze the Lemon	Go Outside
Talk To An Adult	Push The Wall	Rip Paper	Use the Rocking Chair	Cry
Go To A Quiet Place	Ask For A Hug	Pet the Dog	Color	Drink Cold Water

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