

B	I	N	G	O
Use a fidget	Count to 10	Listen to music	Slime	Play with Play Doh
Draw	Talk to a friend	Play with friends	Cut out paper	Sing
Take a walk	Use a stress ball	FREE	Dance	Paint
Play a game	Take a time out	Play with Barbies	Make paper flowers	Play with blocks
Look at flowers	Deep breathing	Read	Watch a movie	Go outside

B	I	N	G	O
Use a stress ball	Cut out paper	Slime	Draw	Play with friends
Listen to music	Watch a movie	Play with Play Doh	Deep breathing	Sing
Play a game	Dance	FREE	Paint	Count to 10
Make paper flowers	Read	Use a fidget	Go outside	Take a time out
Play with Barbies	Play with blocks	Take a walk	Talk to a friend	Look at flowers

B	I	N	G	O
Deep breathing	Read	Cut out paper	Play with blocks	Dance
Use a fidget	Play a game	Play with Barbies	Talk to a friend	Play with Play Doh
Take a walk	Go outside	FREE	Take a time out	Make paper flowers
Use a stress ball	Sing	Slime	Watch a movie	Listen to music
Paint	Count to 10	Play with friends	Draw	Look at flowers