

B	I	N	G	O
Use positive self-talk	Close your eyes and relax	Play sports	Think about someone you love	Take 10 deep breaths
Hum your favorite song	Think of something happy	Take a time out	Do a positive activity	Talk to an adult
Think of something funny	Visualize your favorite place	FREE	Eat a healthy snack	Say something kind to yourself
Slowly count to ten	Think of a pet you love	Stand up and stretch	Say "I can do this"	Take a quick walk
Read a good book	Get enough sleep	Talk to a friend	Write in a journal	Listen to music

B	I	N	G	O
Visualize your favorite place	Do a positive activity	Think about someone you love	Hum your favorite song	Take a time out
Play sports	Write in a journal	Take 10 deep breaths	Get enough sleep	Talk to an adult
Slowly count to ten	Eat a healthy snack	FREE	Say something kind to yourself	Close your eyes and relax
Say "I can do this"	Talk to a friend	Use positive self-talk	Listen to music	Think of a pet you love
Stand up and stretch	Take a quick walk	Think of something funny	Think of something happy	Read a good book

B	I	N	G	O
Get enough sleep	Talk to a friend	Do a positive activity	Take a quick walk	Eat a healthy snack
Use positive self-talk	Slowly count to ten	Stand up and stretch	Think of something happy	Take 10 deep breaths
Think of something funny	Listen to music	FREE	Think of a pet you love	Say "I can do this"
Visualize your favorite place	Talk to an adult	Think about someone you love	Write in a journal	Play sports
Say something kind to yourself	Close your eyes and relax	Take a time out	Hum your favorite song	Read a good book