B	I	N	G	O
Temper	Anger	Deep breathing	Rules	Listen
Counseling	Talk about it	Relax	Communication	Rest
Stomp	Walk away	**FREE**	Compromise	Exercise
Express	Solutions	Journal	Eat Healthy	Read
Draw	Cool down	Respect	Yell	Count to 10

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B	I	N	G	O
Walk away	Communication	Rules	Counseling	Relax
Deep breathing	Yell	Listen	Cool down	Rest
Express	Compromise	**FREE**	Exercise	Anger
Eat Healthy	Respect	Temper	Count to 10	Solutions
Journal	Read	Stomp	Talk about it	Draw

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B	I	N	G	O
Cool down	Respect	Communication	Read	Compromise
Temper	Express	Journal	Talk about it	Listen
Stomp	Count to 10	**FREE**	Solutions	Eat Healthy
Walk away	Rest	Rules	Yell	Deep breathing
Exercise	Anger	Relax	Counseling	Draw

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