

B	I	N	G	O
Think about loved ones	Ask for a break	Get a drink	Take a walk	Play cards
Drawing	Think about happy memories	Read	Count to 10	Squeeze a pillow
Talk to teacher	Watch TV	FREE	Dance	Listen to music
Make a snack	Talk to mom	Painting	Laugh out loud	Play legos
Go outside	Deep breathing	Smile	Write in a journal	Exercise

B	I	N	G	O
Watch TV	Count to 10	Take a walk	Drawing	Read
Get a drink	Write in a journal	Play cards	Deep breathing	Squeeze a pillow
Make a snack	Dance	FREE	Listen to music	Ask for a break
Laugh out loud	Smile	Think about loved ones	Exercise	Talk to mom
Painting	Play legos	Talk to teacher	Think about happy memories	Go outside

B	I	N	G	O
Deep breathing	Smile	Count to 10	Play legos	Dance
Think about loved ones	Make a snack	Painting	Think about happy memories	Play cards
Talk to teacher	Exercise	FREE	Talk to mom	Laugh out loud
Watch TV	Squeeze a pillow	Take a walk	Write in a journal	Get a drink
Listen to music	Ask for a break	Read	Drawing	Go outside