

B	I	N	G	O
Weighted blanket	Blue zone	Green zone	Talk to an adult	Red zone
Drawing	Wall push-ups	Size of the problem	Bounce on ball	Take a walk
Use headphones	Yellow zone	FREE	Count to 10	Lazy 8 breathing
Meditate	Use a fidget	Putty	Inner Coach	Seat cushion
Have a snack	Deep breaths	Squeeze hands	Yoga poses	Drink Water

B	I	N	G	O
Yellow zone	Bounce on ball	Talk to an adult	Drawing	Size of the problem
Green zone	Yoga poses	Red zone	Deep breaths	Take a walk
Meditate	Count to 10	FREE	Lazy 8 breathing	Blue zone
Inner Coach	Squeeze hands	Weighted blanket	Drink Water	Use a fidget
Putty	Seat cushion	Use headphones	Wall push-ups	Have a snack

B	I	N	G	O
Deep breaths	Squeeze hands	Bounce on ball	Seat cushion	Count to 10
Weighted blanket	Meditate	Putty	Wall push-ups	Red zone
Use headphones	Drink Water	FREE	Use a fidget	Inner Coach
Yellow zone	Take a walk	Talk to an adult	Yoga poses	Green zone
Lazy 8 breathing	Blue zone	Size of the problem	Drawing	Have a snack