

B	I	N	G	O
Unrealistic expectations	Anxiety	Altered mood	Exercise	Practice reframing
Listen to music	Creating new goals	Talk to someone	Noise	Difficulty concentrating
Overreaction	Self-criticism	STRESS FREE-FREE SPACE!	Boredom	New baby/sibling
Illness	Impatience	Reduced Motivation	Lack of sleep	Overloaded schedule
School Assignments	Headaches	Fatigue	Meditation	Family Demands

B	I	N	G	O
Boredom	Clenched teeth	New baby/sibling	Listen to music	Lack of sleep
Backaches	Self-criticism	Practice reframing	Illness	Impatience
Talk to someone	Anxiety	STRESS FREE-FREE SPACE!	Unrealistic expectations	Meditation
Impulsivity	Difficulty concentrating	Family Demands	Overloaded schedule	Watch a funny movie
Overreaction	Noise	School Assignments	Creating new goals	Altered mood

B	I	N	G	O
Lack of sleep	Creating new goals	New baby/sibling	Unhealthy diet	Boredom
Weather	Watch a funny movie	Difficulty concentrating	Backaches	Practice reframing
Noise	Exercise	STRESS FREE-FREE SPACE!	Anxiety	Unrealistic expectations
Listen to music	Overreaction	Impatience	Illness	Fatigue
Overloaded schedule	School Assignments	Impulsivity	Altered mood	Clenched teeth