

B	I	N	G	O
Tiredness	Being scared/anxious	Change in Routine	Not enough attention	Hunger
Boredom	Stress	Loneliness	Being shouted at	Physical contact
Too much attention	Being told 'no'	Feeling left out	Frustration	Pain
Having no control over a situation	Loud noises	Change in medication	Lack of Stimuli	Being told to do something
Not understanding something	Bright lights	Traumatic event	Certain People	Crowds

B	I	N	G	O
Too much attention	Being told 'no'	Physical contact	Being shouted at	Being told to do something
Certain People	Pain	Feeling left out	Hunger	Loud noises
Boredom	Change in Routine	Loneliness	Lack of Stimuli	Tiredness
Having no control over a situation	Bright lights	Stress	Change in medication	Not enough attention
Not understanding something	Traumatic event	Crowds	Being scared/anxious	Frustration

B	I	N	G	O
Pain	Lack of Stimuli	Bright lights	Certain People	Change in medication
Being told to do something	Crowds	Boredom	Feeling left out	Tiredness
Having no control over a situation	Not understanding something	Loneliness	Being told 'no'	Stress
Too much attention	Loud noises	Traumatic event	Being shouted at	Being scared/anxious
Frustration	Physical contact	Not enough attention	Change in Routine	Hunger