

B	I	N	G	O
Unhappy	Anger	Deep breathing	Red Face	Listen
Counseling	Talk about it	Mad	Anger	Read
Rules	Upset	FREE SPACE!	Belly Breathing	Fists
Cool down	Frown	Relax	Frustrated	Rest
Eat Healthy	Listen	Draw	Compromise	Misunderstand

B	I	N	G	O
Upset	Relax	Read	Misunderstand	Rest
Belly Breathing	Cool down	Listen	Counseling	Listen
Anger	Exercise	FREE SPACE!	Anger	Frustrated
Unhappy	Compromise	Walk away	Red Face	Mad
Deep breathing	Fists	Frown	Eat Healthy	Talk about it

B	I	N	G	O
Counseling	Rest	Frown	Red Face	Anger
Upset	Read	Deep breathing	Cool down	Listen
Fists	Exercise	FREE SPACE!	Belly Breathing	Anger
Compromise	Rules	Listen	Draw	Misunderstand
Talk about it	Unhappy	Frustrated	Eat Healthy	Count to 10