

B	I	N	G	O
Color a picture	Act out favorite actor/actress	Apologize	Call a friend	Attend an event of interest
Aerobics	Collect thoughts	Be attentive	Act out feelings	Breathe slowly
Catch a ball	Cookie decorating	FREE	Add numbers	Artistically express feelings
Ask for help	Call crisis line	Ask to talk to a friend	Art	Baking
Aromatherapy	Address the real issue	Bounce a stress ball	Count to ten	Allow time to think

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Cookie decorating	Act out feelings	Call a friend	Aerobics	Be attentive
Apologize	Count to ten	Attend an event of interest	Address the real issue	Breathe slowly
Ask for help	Add numbers	FREE	Artistically express feelings	Act out favorite actor/actress
Art	Bounce a stress ball	Color a picture	Allow time to think	Call crisis line
Ask to talk to a friend	Baking	Catch a ball	Collect thoughts	Aromatherapy

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Address the real issue	Bounce a stress ball	Act out feelings	Baking	Add numbers
Color a picture	Ask for help	Ask to talk to a friend	Collect thoughts	Attend an event of interest
Catch a ball	Allow time to think	FREE	Call crisis line	Art
Cookie decorating	Breathe slowly	Call a friend	Count to ten	Apologize
Artistically express feelings	Act out favorite actor/actress	Be attentive	Aerobics	Aromatherapy